

# Exercise Equipment

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Bremshey Cycles

For full range  
see page 397



# Training Aids



## (1) Drill Movement Mat

Over 50 drills are supplied on work cards with this 1m<sup>2</sup> non slip carpet to help athletes and players improve co-ordination, reaction and concentration.

**012267**

## (2) Reaction Ball

Improve your reactions and concentration skills with these six sided moulded rubber balls. The bounce is very unpredictable. Great for hand eye co-ordination and also excellent as a rehabilitation aid.

**012275** 10cm each

## (3) Reactaball

An excellent training device for improving reactions in ball sports. The shape of the ball will ensure an uneven bounce making this ideal for sharpening reactions, particularly goalkeepers.

**012254** 20cm

## (4) Marker Cones

High quality 8" diameter plastic markers which pop back into shape if stood on. Supplied on a handle in a set with equal numbers of each colour. Set of 50.

**012253**

## (5) Agility Ladder

Agility ladder popular for balance, foot speed drills, endurance and controlled plyometrics.

**015343** 4m Indoor Flat Rung

**015344** 8m Indoor Flat Rung

**012260** 8m Outdoor Round Rung

## (6) Mini Hurdles

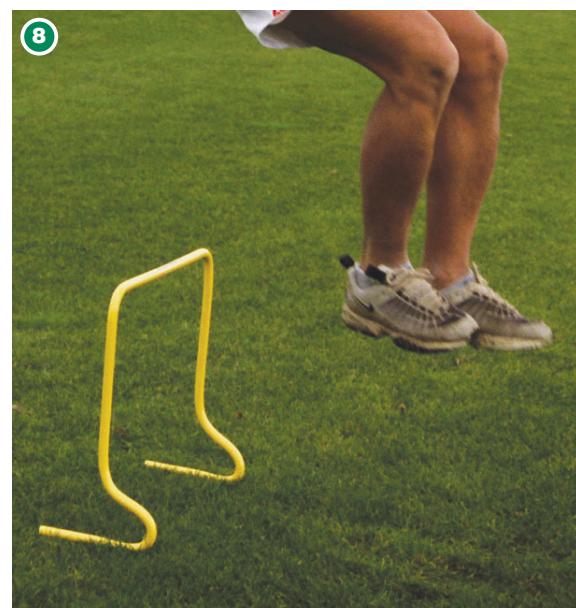
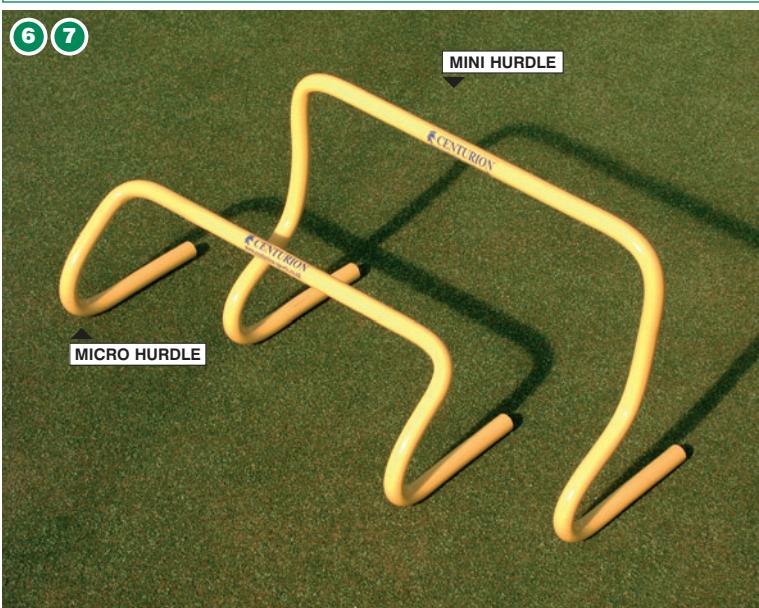
**012287** 30cm (12")

## (7) Micro Hurdles

**012288** 15cm (6")

## (8) Plyometric Hurdles

**012289** 50cm



**(1) Power Speed Chute**

Improve acceleration, endurance and direction changing with the Power speed chute. One size fits all.

**012261**

**(2) Speed Resistance Trainer**

Adjustable belts connected by either one or two 6 metre flexi cords, for sprint training or lateral drills.

**016316** 6m (2 belts)

**(3) Evasion Belt**

Great for multi directional quickness drills and in particular for sports that require one on one marking and mirroring.

**011404**

**(4) Lateral Speed Resistor**

Designed to develop lateral speed, balance and first step quickness. Supplied with instruction manual.

**012264**

**(5) Portable Jumper**

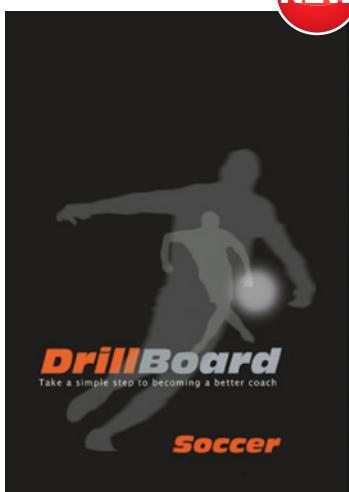
The portable power jumper will help improve jumping strength by resisting the upward thrust of the leg muscles. The flexicord is fitted with adjustable padded cuffs at each end and one size fits all. Supplied with instruction manual.

**012265**

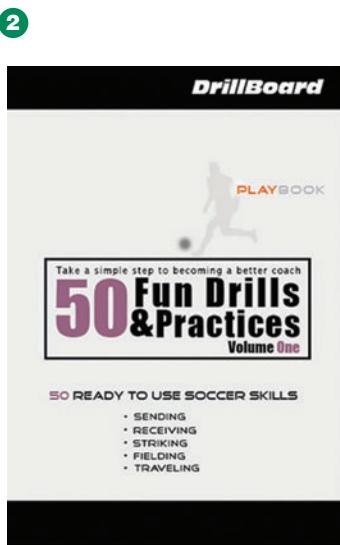


# Training Aids

1

**NEW**

2



## (1) DrillBoard Soccer Coaching Software

Simple, cost-effective and easy to use DrillBoard Soccer Coaching Software benefits everyone passionate about improving their game. Whether a grass-roots coach, or managing at the highest professional level, DrillBoard is essential to your game. DrillBoard is the revolutionary, interactive coaching tool for the football community that no team, coach or manager can afford to be without. DrillBoard is the windows-based software program that provides a graphical display of the football pitch, the teams, the players and their movements.

022151

## (2) DrillBoard Soccer PlayBook: 50 Fun Drills and Practises Volume 1

DrillBoard Soccer Playbook: 50 Fun Drills and Practices Volume 1 (CD-ROM format) is an invaluable tool for any youth team coach, teacher or football player. There are 50 ready to use fun drills and practises for passing, receiving, travelling with the ball and striking. This book should be used as an integral aid for all youth football coaches and teacher lesson planning, or for players wishing to develop their own understanding of the game.

The drills are available both as pdfs and fully compatible with the leading DrillBoard Soccer Coaching Software allowing coaches and teachers to communicate visually and set up, save, print or e-mail training sessions quickly and simply.

022152

## (3) DrillBoard Soccer PlayBook: 50 Technical Practises Volume 1

DrillBoard Soccer Playbook: 50 Technical Practises Volume 1 (CD-ROM format) is an invaluable tool for any youth team coach, teacher or football player. This book shares 50 technical practice sessions to help make your players technically more proficient. It incorporates individual and group practices which vary in intensity. The practices have been researched from around the world and are all well used by a range of levels and abilities. The book is appropriate for all age groups including young and adult players. The format is easy to understand and includes enough technical practices for a whole season.

The drills are available both as pdfs and fully compatible with the leading DrillBoard Soccer Coaching Software allowing coaches and teachers to communicate visually and set up, save, print or e-mail training sessions quickly and simply.

022153

## (4) DrillBoard Soccer PlayBook: 50 Small Sided Games Volume 1

DrillBoard Soccer Playbook: 50 Small Sided Games Volume 1 (CD-ROM format) provides coaches and teachers with a range of practises that can be performed both indoor and outdoor to good effect. The games are structured to ensure that players learn the basic principles of defence and attack, and can be manipulated to focus on key techniques such as control, passing, dribbling, running with the ball, heading and shooting. The practices are very attractive in appearance, contain simple instructions of how to get each practice started, contain useful tips on how to make things easier or more difficult and are full of advice about what to look for. They also provide an invaluable tool for teachers (meeting the requirements of the National Curriculum (UK) Key stages of development for Invasion Games).

The drills are available both as pdfs and fully compatible with the leading DrillBoard Soccer Coaching Software allowing coaches and teachers to communicate visually and set up, save, print or e-mail training sessions quickly and simply.

022155

## (5) Slideboard

A very efficient portable device for high training demands to promote core stability and balance. Training on a slide board for knee, thigh, hip and groin instability is effective and demanding for all abilities of fitness and early stage rehabilitation.

### Contains:

1 x foldable plate, 140cm x 100cm, 1 x instruction manual, 1 x DVD, 2 x foot pads, 2 x hand pads, 1 x knee pad

Supplied in a travel carry bag

019248

5



**(1) Slalom Pole Training Kit**

An excellent training aid for evasion, movement and agility. Can be used with or without crossbars to make various workstations offering different challenges.

**Contains:**

12 x 160cm poles with spikes, 6 x 160cm crossbars, 12 x post / crossbar adjustable clips, 1 x holdall

**018526****1****2****(2) Reaction Hoop**

These 60cm diameter hoops have been fitted with three sorbo balls which hold the hoop off the ground and stop them sliding on indoor surfaces. The hoops can be laid out in differing patterns to coach a variety of fast feet drills which helps to keep the athletes' interest.

**018527****(3) Tag Rugby Development Kit**

A fun, interactive, fast-moving, non-contact, evasion game suitable for boys and girls to play together. This kit is the perfect introduction into the game of rugby. Tag Rugby is an ideal team sport for children and adults alike. It is a non-contact game of rugby where players each wear a Velcro belt to which is attached two PVC tags, which have to be pulled off by the opposition to denote a tackle. Tag Rugby is an ideal introduction to the game of Rugby.

**Contains:**

14 x belts, 52 x markers, 1 x inflator, 1 x stopwatch, 1 x whistle and lanyard, 1 x easy-grip rugby ball, 1 x foam rugby ball, 1 x synthetic rugby ball, 1 x set of instruction game cards, 1 x mesh holdall bag

**018525****3****(4) Powerbreathe**

The turbo charger for your lungs. A training device designed to improve lung muscle capacity and efficiency. Users inhale against a resistance; there are 3 devices which all have different levels of resistance;

Green - Wellbeing, Blue - Fitness, Red - Sports performance.

**015549** Blue**015550** Green**015552** Red**Accessories****015551** Powerbreathe Mouthpiece**4****(5) Skipping Rope PVC****014315** 2.75m (9ft)**5****6****(6) Skipping Rope Leather****014316** 3.05m (10ft)**(7) Gymstick**

Gymstick is a revolutionary total body fitness tool that strengthens, tones and defines every muscle in your body and core! Gymstick exercise bands are made of premium quality latex rubber. Soft foam grips for ease of grip to hold the stick even when hands are sweaty. Attachment mechanism and a loop at both ends makes it easy to attach and detach the bands.

**Available in 4 strengths:**

Green = Light, Blue = Medium, Black = Strong,

Silver = Extra Strong.

Accompanied by a 32 page manual, which includes clear instructions for GYMSTICK workouts.

**017249L** Green/Light**017249M** Blue/Medium**017249S** Black/Strong**017249XS** Silver/Extra Strong**(8) Ab Roller**

This padded abdominal trainer is easy to use and great for strengthening stomach muscles. Dimensions Length 63cm. Width 70cm. Height 68cm.

**015340****7****7****8**

# Training Aids

1



2



3



4



5



6



## (1) Timex Target Trainer HRM

Timex has created a Digital heart Rate Monitor that offers the digital accuracy demanded by world-class athletes with the functions that anyone of any age could use. Digital transmission allows the user to train in a gym environment within close proximity to other gym users who may be using a heart rate monitor. To download the heart rate data to a PC software package the user first needs the Timex data recorder.

017746

## (2) Timex 3D GPS Sensor

The 3D GPS sensor is available as an optional extra for use with the Timex Target Trainer, converting this top of the range heart rate monitor into a fully featured speed + distance monitor with comprehensive heart rate feature functionality. Timex 3D DPS Sensor enables the data to be displayed on compatible watch displays and recorded using the Timex Data Recorder II.

017744

## (3) Timex Data Recorder II

The Timex Data Recorder II collects precise information from your digital Heart Rate Sensor, Navigation, Speed + Distance sensor, or both devices at the same time. Through the simple USB connection, data can be downloaded to a PC.

017745

## (4) Timex Personal HRM

This personal heart rate monitor is a low cost, highly specified entry-level heart rate monitor. Features include time of the day with month and day, night-light, workout recall of average, maximum and minimum heart rate and activity timer.

017748

## (5) Timex Digital Transmitter Belt

This chest strap prevents crosstalk from other heart rate monitors. It is comfortable, lightweight and adjustable with an elastic belt to fit your chest.

017743

## (6) Timex HRM

The Timex Digital Heart Rate monitor helps you make the most of your workouts. The 30 lap Heart Rate monitor comes with a built in calorie counter, fitness test and 5 training zones. The 30 Lap Heart Rate Monitor has 5 training zones with Audio and Visual Alarms giving a greater spectrum of intensity to train at. Digital transmission allows the user to train in a gym environment within close proximity to other gym users who may be using a heart rate monitor. To download the heart rate data to a PC software package, the user first needs the Timex data recorder.

017747

**(1) HRM Model GT5 Cardiosport ZW60**

80 hours of memory recording and up to 6 separate training sessions. Single session data can be viewed on screen or uploaded to a PC via the included interface for post exercise analysis. The GT5 allows coaches to monitor the progress of their athletes.

**017664**

**(2) Cardiosport Fusion 10 Digital ZW50**

Cardiosport Fusion 10 Heart Rate Monitor has a large clear two-row LCD screen with a zone indicator to show exercise heart rate and time during exercise. Fusion 10 has a hands free scan feature showing how long and how hard you have been exercising. Fusion 10 is user-friendly and ECG accurate. Further, the wireless transmission is digital and coded, which means there will be no cross talk from other monitors in close proximity.

**017749**

**(3) Cardiosport GT3 Digital ZW59**

GT3 has a powerful 100 hours chronograph with 99 laps/splits memory, including average heart rate for each lap.

A programmable heart rate recovery timer and interval timer will ensure even a closer control on training intensity. The wireless transmission is digital and coded, which means there will be no cross talk from other monitors in close proximity.

**017750**

**(4) Cardiosport Digital Transmitter Belt**

This belt protects your data from other heart rate monitors and most exercise equipment. It is comfortable, lightweight and adjustable with an elastic belt to fit.

**017838**

**(5) Compex Sport Elite**

Achieve 100% of your potential and improve your performance with the Compex Sport Elite EMS unit. The Compex Sport Elite offers a wide range of sport specific programmes to efficiently complement your training; Endurance, Resistance, Strength, Explosive Strength, Fartlek, Regeneration, Active Recovery and many more.

**017242**

**(6) Compex Sport 500**

The Compex EMS incorporates all the programs you need for all aspects of your training. Compex Mi-Sport EMS, featuring Muscle Intelligence™ technology, offers you the first customised electrostimulation session that adapts automatically to your physiology and needs. The LCD screen with backlighting is easy to read at all times. Plus, the innovative "Easy Snaps" connection system allows you to snap the cable onto the electrode with minimum pressure and using one hand only. The Compex Muscle Intelligence™ system firstly scans your muscles then sets relative power settings to match the muscle reaction/density. With the new Complex Muscle Intelligence™ system the user has the option of voluntarily contracting the muscle in time with the electronically stimulated impulse. This helps to build muscle co-ordination as well as strengthening and toning the muscle.

**014796**



## SPARES

Spares are available for these products, making them suitable for refurbishment. For full spares listing, see pages 1193 to 1200.



**1**

**2**

**3**

**4**

# Drinks & Bottles

## Exercise Equipment

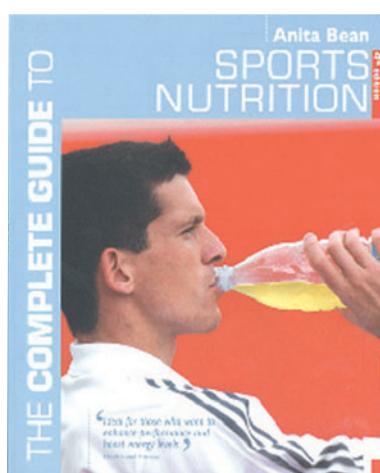
1



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### (1) Lucozade Sport Powder Orange

Lucozade Sport Body Fuel is an isotonic sports drink proven to enhance endurance and the ability to maintain a high work rate. It is formulated to tackle the reduction of carbohydrate stores and maintain hydration to improve performance in prolonged exercise or sport. Carbohydrate intake improves performance by providing the muscles with the energy they need to maintain a high work rate or exercise intensity for the duration of your sport or exercise.

**010479O** 390g tub

### (2) Igloo Seat Top Beverage Cooler

The Igloo® 5-gallon Team beverage cooler with seat top keeps your beverages cold and clean. It's insulated with Ultratherm® for maximum cold retention. Comfort-grip side handles provide secure handling and the pressure-fit lid seals tight and won't trap dirt like screw-on lids do. The lid attaches to the handle with a keeper cord.

**0020971** 5 Gallon, 18.9 litres

### (3) Sport Nutrition Guide Book

Features 30 eating plans to cut body fat, gain muscle and prepare for competition.

**012520**

### (4) Vulkan Drinking Bottle

Lightweight Vulkan Drinks Bottle. Ideal for use by your team - eight of these fit in the Vulkan Bottle Carrier.

**010444** 1 litre each

### (5) Vulkan Bottle Carrier - Holds 8 Bottles.

Lightweight Vulkan bottle carrier. Holds eight 1 litre Vulkan Drinking Bottles - ideal for use by your team.

**004493** Carrier only

**(1) PAS Pro Grade Protein**

Slow release protein blends have been shown to give superior results in terms of lean muscle gain and fat loss. Pro Grade Protein contains 20 servings each providing 40g of protein. Formulated to be the first multi-function protein.

- Ideal high protein, low carb shake to be used between meals for superior nitrogen retention.
- Can be whisked into a high protein night-time dessert, great snack before bed.
- By combining with Pro Carbs athletes can get the perfect mass gain shake, which suits their individual nutrient requirements.

**017626STRAW** Strawberry flavour  
**017626CHOC** Chocolate flavour

**(2) PAS Pro Carb Loader**

High glycemic glucose polymer for carb loading, glycogen re-fuelling and mass gaining. Designed for use with Pro-Grade Protein to allow athletes to mix their own recovery shakes and mass gaining drinks.

**017627** 60 servings

**(3) PAS Phase 1 Energiser**

The ultimate pre-training or pre-game energy drink. Formulated to increase performance by a two-stage approach. Firstly on a neurological level by a combination of functional dosages of caffeine (300mg) and L-Tyrosine (3000mg) to provide increased alertness and response, reduced perception of fatigue and improvement in cognitive functioning.

Secondly at cellular level by a unique formulation of L-Citrulline (3000mg), Beta Alanine (1500mg), Histidine (500mg) and BCAA (1000mg) to provide increased ATP production and lactic acid buffering. In addition Phase 1 will facilitate the use of free fatty acids as an energy source resulting in glycogen sparing, thereby delaying fatigue and resulting in an overall improvement in performance.

Not suitable for individuals under 18 or with a pre-existing medical condition. Not suitable for athletes sensitive to caffeine. Not recommended for use past 6pm as may cause difficulty sleeping.

**017624** 10 sachets

**(4) PAS Phase 2 Pro Grade Recovery**

Formulated to allow the professional athlete to recover more efficiently. Fully comprehensive nutrient formula removes need for any additional products for post-training/game recovery. Light and refreshing to drink immediately after sessions.

Dual glycogen refuelling system.

Rapid absorbing whey protein with enhanced L-Glutamine content to facilitate muscle repair and maintain immune functioning.

5g of Creapure creatine per serving. 50% RDA antioxidant blend to neutralise free radical damage associated with high intensity training. Electrolyte blend to aid re-hydration.

**Available in Berry or Citrus flavours.**

**017625** 20 sachets

**(5) PAS Recovery Extreme**

Recovery Extreme (14 Day Supply) Formulated to allow athletes to gain superior recovery over their competition during intense competitive periods or during new training phases where the body is undergoing physiological adaptations. Each single sachet provides 5g HMB, 5g L-Glutamine, 1g Buffered Vitamin C, 500 IU Vitamin E, 200mg Lipoic Acid, ZMA complex. Can be added into Phase 2 Recovery Formula when re-fuelling and recovery are paramount or used on its own during phases where a low carb recovery formula is preferred.

**017633** 14 days supply

**(6) PAS Joint Support Capsules**

Joint Support (120 Caps) Intense daily training sessions cause excessive wear and tear on weight bearing joints and connective tissue. The ability to train with no aches and pains can make a massive improvement in performance. PAS Joint Support formula provides high dosages of Glucosamine Hydrochloride (superior to Glucosamine Sulphate) and Chondroitin Sulphate to protect athletes in hard training.

**017628** 120 capsules

**(7) PAS Colostrum**

High protein colostrums rich in growth promoting compounds and with a 20% IgG content to aid immune functioning. Used by premiership football players, international rugby players and Olympic athletes to maintain good health and aid recovery.

**017632** 334g

**Not Illustrated**

# Juvent 1000 Vibration Platform

*The Clinically Proven Non-Drug Treatment for Osteoporosis*

1 in 3 women and 1 in 5 men over the age of 50 will suffer an osteoporotic fracture in their lifetime!



**JUVENT**   
Dynamic Motion Therapy

## *Juvent Solution: Dynamic Motion Therapy (DMT)\**

The Juvent 1000 vibration platform uses DMT to treat osteoporosis, by transmitting a high-frequency, low-intensity mechanical force through the user's feet and up through the skeleton. The patient simply stands on the platform for 20 minutes per day.

### What is the Juvent 1000?

- The Juvent 1000 medical device is indicated for maintaining and/or increasing bone density.
- Restores the fast-twitch action of Type IIA muscle fibres in the lower legs.
- Increases blood and lymph flow from the lower limbs to the heart.
- Stimulates bones in the same way your own muscles did when you were younger, by putting tiny stress on your bones, and your bones respond by growing stronger.
- Offers a safe and effective therapy for osteoporosis clients.
- Eliminates the possibility of drug intolerance, interaction and side effects.
- Encourages strong client compliance because it can be used at home, with little or no supervision, whilst reading or watching television.
- Records client usage automatically so compliance is easily monitored.

### Features:

- Digital display automatically displays time remaining in treatment, system status, and total number of treatments.
- Platform automatically adjusts to your body mass, assuring optimal treatment.
- System allows for an interruption of treatment for up to five minutes.
- Compact for easy storage and easily moveable and durable.
- Guaranteed against defects in materials and workmanship for 2 years.

### Indications:

- Maintaining and/or increasing bone density.
- Restoring the dynamic action of Type IIA (lower leg) muscle fibres in the lower leg.
- Increasing blood and lymph flow from the lower limbs to the heart.

### Contra-indications:

- For people with conditions which increase fluid to the heart may be detrimental, including people with congestive heart failure.

09 112 4577

Maximum user weight **113 kg** **17<sup>3/4</sup> st**



#### DELIVERY

Delivery is approximately 2 to 4 weeks. Please contact Customer Services for more information.



## 1 Kinetec ProprioSphere

The static and dynamic balance of the human body is an essential component of physical wellbeing. A harmonious operation between a transmitting central nervous system, the automatic muscular contraction lock, and the thousands of tension or pressure sensors located in the periarticular surface from the foot up to the rachis, results in a sensitive proprioceptive system. Various factors can disturb this system:

- tiredness level,
- periarticular traumas,
- fractures,
- age,
- some neurological pathologies.

To improve balance, the system needs to be challenged. This can be achieved by creating imbalance situations in a secure and progressive environment. Proprioceptive rehabilitation leads to a functional muscular system and should be fully integrated in a fitness program. Improved balance increases range of movement, ensures muscle groups perfect coordination and enhances sport performances.

### The ProprioSphere is suitable for a range of conditions:

- Lower limbs and trunk traumas in walking or balance recovery period
- Prolonged non-activity period or limited standing capability
- Joint rehabilitation process
- Increasing athletic performance
- Osteoporosis or balance loss

### The ProprioSphere is designed to:

- Increase range of movement
- Improve dynamic muscle stability
- Build strength and power
- Enhance spatial awareness
- Reduce the risk of injury
- Challenge balance in controlled stages

The ProprioSphere features a simple, easy to use control panel that enables instant operation and large diameter handle bar for patient security. The rotation angle can be set to 6 levels – the greater the angle, the greater the challenge. It has variable rotation movements and direction changes from clockwise to anti-clockwise. Speed can be set to slow, fast or random.

Height 157cm. Length 100cm. Width 74cm. Weight 75kg.

**09 112 4759** 240 volts

**09 117 2881** 110 volts

Maximum user weight **190 kg** **30 st**



**KINETEC**  
**ProprioSphere**



## 2 FootMaster™

The FootMaster™ provides the same progressive, safe and rhythmic movement pattern as the BalanceMaster™ but is used from a seated position. The FootMaster™ has been designed to:

- Improve range of movement
- Improve circulation
- Reduce ankle oedema

Specifications: Height 41cm. Length 60cm. Width 66cm. Weight 50kg.

**09 117 1875** 240 volts

**09 117 2873** 110 volts

Maximum user weight **114 kg** **17¾ st**



### DELIVERY

Delivery is approximately 2 to 4 weeks. Please contact Customer Services for more information.



**2**



### ① SCIFIT PRO 1 Adjustable Position Upper Body Exerciser

The SCIFIT PRO 1 gives you a great cardio or strength (resistance) workout. Exercise can be done seated in the comfortable, oversized seat, from a wheelchair, or while standing. Adjustable console and cranks allow for a great fit for any body type or size.

- Fully adjustable seat removes easily for wheelchair access
- Integrated wheelchair platform
- Step through access allows user to walk up and sit down without lifting leg up and over a centre console
- Colour co-ordinated adjustments. Red seat base and red hand grips, yellow adjustment knobs
- No minimum RPM
- One button quick start
- Tactile overlay makes the computer monitor easy to use
- 200 levels of resistance for users of all fitness levels. Allows precise increments of progress
- Fully adjustable head and console. Exercise can be performed while seated or standing
- Bi-directional resistance for reciprocal muscle work

**09 118 9695** SCIFIT PRO 1

**221864** Assist Gloves for PRO Series

Maximum user weight

**204 kg**

**32 st**



#### SCIFI PRO 1 SPECIFICATIONS

Display:	Time, Watts, Heart Rate, Resistance Level, RPM, Calories, Distance
User Weight Limit:	204kg (450lbs)
Weight:	110kg
Dimensions:	Width 81cm, Length 175cm, Height 196cm
Power:	Self Powered - No Minimum RPM
Warranty:	3 Years Parts, 1 Year Labour

### ② SCIFIT PRO 2 All Body Exerciser

The SCIFIT PRO 2 allows a total body workout! Pedal with your arms and legs at the same time. Go forward or backward doing strength or cardio. Wheelchair accessible.

- Fully adjustable seat with side handles removes easily for wheelchair access
- Step through access allows user to walk up and sit down without lifting leg up and over a centre console
- Colour co-ordinated adjustments. Red seat base and red handgrips, yellow adjustment knobs
- No minimum RPM
- One button quick start
- Tactile overlay makes the computer monitor easy to use
- 200 levels of resistance for users of all fitness levels. Allows precise increments of progress
- Upper and lower, adjustable cranks for total body workout
- Iso-Strength program provides a total body strength workout
- Bi-directional resistance for reciprocal muscle work

**09 118 3409** SCIFIT PRO 2 All Body Exerciser

**221864** Assist Gloves for PRO Series

**221865** Low Support Boots for PRO 2

**221866** High Support Boots for PRO 2

Maximum user weight

**204 kg**

**32 st**



#### SCIFI PRO 2 SPECIFICATIONS

Display:	Time, Watts, Heart Rate, Resistance Level, RPM, Calories, Distance
User Weight Limit:	204kg (450lbs)
Weight:	100kg
Dimensions:	Width 83cm, Length 177cm, Height 156cm
Power:	Self Powered - No Minimum RPM
Warranty:	3 Years Parts, 1 Year Labour

## 1 Scifit Bi-Directional Recumbent Bike

The SCIFIT Bi-directional Recumbent Bike is a great lower body workout for both cardio and strength with exclusive step-through seating.

- Exclusive step-through seating allows user to walk up and sit down without lifting leg over a centre console
- Fully adjustable, oversized, recumbent swivel seat, offering a solid foundation that eliminates rocking and instability
- Colour co-ordinated adjustments. Red seat base and red hand grips, yellow adjustment knobs
- No minimum RPM
- One button quick start
- Tactile overlay makes the computer monitor easy to use
- 200 levels of resistance for users of all fitness levels allowing precise increments of progress
- Bi-directional resistance for reciprocal muscle work

**S9052** Scifit Bi-Directional Recumbent Bike

Maximum user weight



### SCIFI BI-DIRECTIONAL BIKE SPECIFICATIONS

Display:	Time, Watts, Heart Rate, Resistance Level, RPM, Calories, Distance
User Weight Limit:	204kg (450lbs)
Weight:	95kg
Dimensions:	Width 66cm, Length 149cm, Height 132cm
Power:	Self Powered - No Minimum RPM
Warranty:	3 Years Parts, 1 Year Labour

## 2 Scifit Orbi Linear Elliptical (Recumbent With Swivel Seat)

The REX features our exclusive Orbi-Linear™ motion for a comfortable, natural workout that produces exceptional results. As your legs move in a natural orbital motion, your arms in a flowing arc, the kinetic energy builds. REX utilises the Tele-Rail® system to create a silky smooth slowing and transition at each end of the range. REX provides exercise and resistance in both directions and features our unique Iso-Strength training program, as well as Fit-Key™ compatibility.

- Super smooth Orbi-Linear movement
- Total body exercise, the legs move in a natural orbital motion and the arms in a smooth arc
- Optimized kinetic energy for added ease of use
- Bi-directional resistance helps create balance between reciprocal muscle groups
- Low profile seat back for increased core recruitment
- Features Tele-Rail® system to create a silky smooth slowing and transition at each end of the range
- Dual position hand grips
- Fit-Key embedded documentation technology
- Heart Rate compatible with most wireless technology

**S9054** SCIFIT Orbi Linear Elliptical

Maximum user weight



### SCIFI ORBI LINEAR ELLIPTICAL SPECIFICATIONS

Display:	Time, Watts, Heart Rate, Resistance Level, RPM, Calories, Distance
User Weight Limit:	204kg (450lbs)
Weight:	128kg
Dimensions:	Width 71cm, Length 185cm, Height 140cm
Power:	Self Powered - No Minimum RPM
Warranty:	3 Years Parts, 1 Year Labour

#### MADE TO ORDER

These items are made to order and therefore, are not refundable.

#### DELIVERY

Delivery is approximately 4 to 6 weeks. Please contact Customer Services for more information.



1



### 1 Scifit Total Body Elliptical

Patent pending BioFlex™ articulating footbed pivots with the users natural gait motion, resulting in better circulation and reduced foot stress, ankle strain, and over impact. Ankle stiffness and "hot spots" on the user's feet during exercise are virtually eliminated for an exceptionally comfortable exercise experience.

- Cordless design for greater versatility and convenience
- SCIFIT's patent pending TeleRail™ technology allows for full featured, commercial elliptical trainer that fits in the footprint of a recumbent bike
- All body exercises, incorporating upper body linear movement
- User-friendly contact heart rate allows user to monitor heart rate during exercise
- Resistance system - 3 phase combination generator and eddy current brake with resistance output of 5 to 2000 watts
- Bi-directional resistance for "reverse walking"
- Isokinetic resistance for advanced workouts

**S9055** SCIFIT Elliptical

Maximum user weight

**204 kg**

**32 st**

### SCIFI PRO 1 SPECIFICATIONS

Display:	Time, Watts, Heart Rate, Resistance Level, RPM, Calories, Distance
User Weight Limit:	204kg (450lbs)
Weight:	110kg
Dimensions:	Width 81cm, Length 175cm, Height 196cm
Power:	Self Powered - No Minimum RPM
Warranty:	3 Years Parts, 1 Year Labour



#### MADE TO ORDER

These items are made to order and therefore, are not refundable.



#### DELIVERY

Delivery is approximately 4 to 6 weeks. Please contact Customer Services for more information.

**VitaGlide™**

The VitaGlide™ and VitaGlide Pro are revolutionary machines designed to improve the quality of seated fitness programs. Using its patented linear, push-pull technology, they increase the range of motion and involves more muscle groups, resulting in a more effective and efficient workout when compared to traditional seated systems. Helps to tone the upper body and rehabilitate the shoulders, all while providing an excellent cardiovascular workout. The handles glide along two converging tracks, are positioned to provide natural pushing and pulling motions. The VitaGlide unit comes complete with an adjustable base to allow users to roll into position in their wheelchairs, without having to transfer onto another seat. Exercise programmes that apply stress to all sides of the shoulder have been shown to strengthen the joint and significantly reduce shoulder injuries and pain.

The linked design of the handles provides particular benefit to patients. Using their stronger side, these users can push and pull their weakened side through a full range of motion, providing the reciprocal pattern used in many rehabilitation programmes. The converging direction of the movement of the handles also provides some trunk rotation, providing exercise to muscles that are ignored by traditional systems. Wheelchair users rarely have the opportunity to condition the trunk muscles, which are vital in both stabilising the torso and in many daily functions, such as reaching for objects.

**(1) VitaGlide™**

Compact in design, allowing it to conveniently fit when space is limited and in any home environment.

- 7 levels of resistance to provide a challenging workout for users of any ability
- Height can adjust 8 inches to fit virtually any manual wheelchair, and most power chairs with foldaway or removable arms
- Base is fortified with platforms for the wheels to rest upon to ensure stability

Length 1155mm (45.5"). Width 889mm (35"). Weight 29.5kg (4½st). Height at entry point: Raised 787mm (31"). Lowered 584mm (23"). Total height: Raised 1016mm (40"). Lowered 812mm (32").

**AA95031**

**(2) VitaGlide™ Pro**

Equipped with a built-in roll-away seat that is easily moved into position for non-wheelchair users. This unique feature allows everybody to experience the benefits of using the VitaGlide.

- 7 levels of resistance to provide a challenging workout for users of any ability
- Height can adjust 11 inches to accommodate virtually any wheelchair and/or user height
- Robust steel frame enhances durability to ensure consistent, reliable performance in the multi-user commercial setting
- The perfect fit for any Gym, Physical Therapy or Rehabilitation Clinic

Length 1575mm (62"). Width 990mm (39"). Weight 125kg (20st). Height at entry point: Raised 813mm (32"). Lowered 508mm (20"). Total height 838mm: Lowered (33"). Raised 1143mm (45").

**AA95051**

**Accessories****(3) VitaGloves**

Fabricated from "VitaTex" a unique new fabric that does not absorb moisture and contains holes to allow for circulation. These gloves feature a unique cupped design to hold the entire hand, especially the thumbs, in place.

**09 116 3435** VitaGloves

**(4) Tri-Post Adaptors**

Adapts to any VitaGlide handle to provide support for users with limited gripping ability with their hands.

**09 116 3443** Tripost Adaptors



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### Active & Passive Trainers

Thera is the leading range of active & passive trainers designed to keep you on the move whether in hospital or at home - all from the comfort of your wheelchair or chair. All models are specifically designed to maintain flexibility, stretch muscles, build strength and boost endurance levels.

Thera trainers are developed, tested and approved for the treatment of neurological and neuro-muscular disabilities such as: MS, stroke, paraplegia, tetraplegia, Parkinson's, head injuries and muscular disorders.

#### 1 Thera-Aktiv™

The Thera-Aktiv is a trainer for the upper and lower body, specially designed for disabled people who want to stay active. By infinitely variable adjustment of load you can strengthen your muscles individually. The benefits of working out with this model are improved blood circulation and less risk of urine infections. It prevents spasms and stiffened joints and enables general body strengthening and conditioning. The Thera-Aktiv also takes into account individual needs as well as the unique situation of the wheelchair user. The Thera-Aktiv is for professional use in rehabilitation clinics or homes.

#### The Thera-Aktiv is suitable for

- Paraplegics
- Multiple sclerosis sufferers
- Stroke patients
- Circulation problems
- Rheumatism
- Arthrosis

#### Features

- Upper and lower body exercise individual or combined use
- Infinitely variable load adjustment
- Adjustable angle handlebar attachment and footrests
- Excellent stability
- Rubber composite drive belt

**AA9595**



#### 2 Accessories

**AA9593B** A Calf Rests (Large)

**AA9593A** B Forearm Rests

**AA9594G** C Adjustment of Radius - Stepless



#### DELIVERY

Delivery is approximately 6 weeks. Please contact Customer Services for more information.

#### MADE TO ORDER

These items are made to order and therefore, are not refundable.



A



B



C



### ① Thera-Vital

The professional, top-of-the range model ideal for use both in hospital and home environments. Equipped with a colour monitor and versatile bio-feedback display, it can be adapted to meet individual needs. Although the system offers a comprehensive range of therapy options it is extremely simple to use.

Thera-Vital is used daily in many hospitals and rehabilitation centers. With the Thera-Vital the patient is able to improve their natural body functions.

With the Thera-Vital, you can see your achievement, training time, pulse, speed covered distance, application of load and state of spasm occurrence. The Thera-Vital has its own pulse control, which can be set to suit individual needs if this limit is exceeded then the pressure automatically adjusts. Includes footrests, safety handle and radius adjustment 2 step.

**The Thera-Vital recommended for use with the following individuals:**

- Paraplegia
- Tetraplegia
- Parkinsons
- Multiple Sclerosis
- Stroke
- Orthopaedic
- Rheumatic diseases
- Heart/Circulation disorders
- Post-operative therapy
- Muscle diseases

#### Features:

- Large, bright colour monitor
- Versatile bio-feedback display to monitor progress
- Start/stop traffic light display
- Speech activated safety stop feature
- Adjustable safety handles
- Anti-spasm mechanism
- Powerful, almost silent motor

**09 118 9273** Thera-Vital Lower Limb Trainer  
**09 120 1722** Thera-Vital Upper Limb Trainer  
**09 120 1748** Thera-Vital Calf Rest  
**09 120 1730** Thera-Vital Stepless Adjustment of Radius



#### MADE TO ORDER

This item is made to order and therefore, is not refundable.



#### DELIVERY

Delivery is approximately 6 weeks. Please contact Customer Services for more information.

1



1 A



1 B



### Thera-Live - Making exercise part of everyday life

#### 1 Thera-Live Lower Limb Trainer

The Thera-Live can be integrated into everyday life for many people including; Multiple-sclerosis sufferers, stroke patients, Parkinson Disease, Muscular diseases and many orthopaedic & rheumatic problems. Daily exercise with the Thera-Live can enhance strength and power resulting in more patient stability. It also activates the bladder and bowel system.

#### Features:

- Foot-rests
- Adjustments of the radius 2- step

**010124** Thera-Live Lower Limb Trainer

**013130** Thera-Live Upper Limb Trainer

**012342** Thera-Live Safety Handle

#### Optional Accessories:

**016343** A Therapy Grips For Weak Hands

**010166** B Forearm Rests

**012069** C Adjustment of the Radius Stepless (Without Tools)

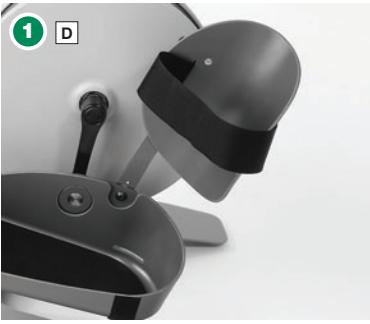
**016342** D Calf Rest (Pair) - Small

**010125** E Calf Rest (Pair) - Large

1 C



1 D



## Thera-Fit - Exercise on the move

**(1) Therafit (Without Motor)**

The active way to train especially with light handicaps. Small, light-weight and easy to carry. Ideal at home and en route. Active exerciser for arms and legs.

**Features:**

- Foot-rests
- Ergonomic therapy grips
- Variable resistance power
- Training computer

**010139****Optional Accessories:****010166**  Forearm Rests**014795** Calf Rests (Not Illustrated)**014794** Therapy Grips (Not Illustrated)**(2) Therafit Plus (With Motor)**

Is a therapeutic exerciser for active and passive (motor powered) exercise of the arms and legs. With the easy infra-red remote control the device can be set on or off, you can adjust the direction of the rotation, speed and brake resistance.

**Features:**

- Foot-rests
- Infrared remote control
- Therapy grips
- Training computer

**010167****Optional Accessories:****010166**  Forearm Rests**014795** Calf Rests (Not Illustrated)**014794** Therapy Grips (Not Illustrated)

# Are you ready for Active Rehabilitation?

A unique system offering improved patient care and increased benefits to the clinician



We are in the midst of an ageing generation and the demand on medical institutions is increasing due to the ever increasing concerns surrounding obesity, heart disease and other serious health conditions. We are all looking for new ways to stay fit and healthy, even into our later years. When you reach a certain age you are looking for ways to stay active that are safe and responsible and where risk of injury is low.

With over 80 years experience as the world's largest and most innovative manufacturer of equipment for physiotherapy and medical rehabilitation, Enraf-Nonius is ideally positioned to provide for this demand. Enraf-Nonius has world-wide experience in advising and equipping practices, medical centres and hospitals with physiotherapy and active rehabilitation equipment. This experience gives Enraf-Nonius & Mobilis Rolyan the knowledge to guide you in the successful design of a complete therapy centre.

**Call our customer services now.**



# The essence of **responsible** and **safe** exercise is...

...EN-Track



Each piece of the Enraf-Nonius Active Rehabilitation equipment is equipped with the EN-Track system for guidance, supervision and control.

All equipment in the EN-Track series is provided with a chip card reader and is fully-automatically set up for an optimal training schedule. The pneumatic system provides consistent resistance and thus avoiding peak loading and the risk of injuries.

The equipment is consequently also compact and quiet and can be adjusted almost infinitely. The various exercise schedules can be tailor made not only for medical

The EN-Track concept gives you full control over the exercise programs performed in your therapy room.

EN-Track comprises of an advanced software programme used in conjunction with a range of strength & cardio equipment. The unique EN-Track system allows for individual supervision by means of a digital card system, this gives the patient and the physiotherapist the possibility to follow progress and to optimise every exercise without the risk of injury.

#### EN-Track offers you a **TOTAL SOLUTION:**

- Strength training with the pneumatic exercise units in the EN-Dynamic range
- Endurance training with the automatically adjustable cardio respiratory units in the En-Cardio range
- Co-ordination training with En-Tree pulley range and introduce functional training via En-Free option

rehabilitation and fitness training, but also for older clients who wish to maintain their good health.

An intake programme serves as the baseline for the exercise programme to be followed. During the course of the therapy sessions, progress is assessed on the computer and the exercise programme can be modified on the basis of client-specific criteria. Together with your client, you can also monitor progress and make adjustments at any time you desire. An individual, optimised training programme can bring the health of your patients to a higher level and give them results they can be proud of.



# entrack in Practice

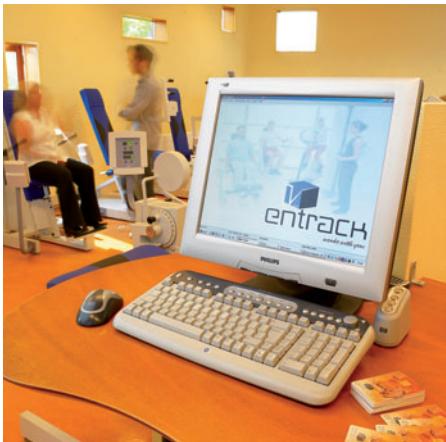
**The  
Number 1  
Choice**

for the last 4  
Olympic Games  
Active Rehab  
Clinics

## The Aartsen Praxis, Netherlands

"The Aartsen physiotherapy practice opened their Active Rehab room in their new practice back in 1998. Having the Enraf - Nonius equipment has allowed the practice to expand and they now see two types of clients. There is the medical client who is attending the clinic with an injury or problem, this patient will be assessed in a treatment room and then they will be taken to the Active Rehab room to be given an exercise programme to start to improve function and mobility. Having this facility has also attracted non-medical clients, particularly from the elder generation who want to maintain their good health and prevent injuries. Due to the excellent facilities and the one to one guidance even by a therapist many medical clients once they completed their rehabilitation they want to continue to visit the active rehab room to maintain their good health. Since opening their Active Rehab room the Aartsen practice have converted 60% medical clients into paying Active Rehab members, combined with their non-medical clients they have a total 1100 paying active rehab members.

Each active rehab member pays a monthly fee of approx £25, this has allowed for the Aartsen Practice to pay off the equipment investment in year 1 and then the following years the active rehab membership is an extra income stream for the practice."



## Kleijnen Praxis, Village of Stolwijk

"We started using En-Track in December 2002. Up to that period our clinic was primarily involved in palliative and curative physiotherapy treatment. Our staff consisted of 4 well educated professional physiotherapists and one general secretary. We always did use some exercise equipment but primarily as part of manual therapy.

Since the introduction of En-Track in our clinic the patient throughput has increased dramatically. Also, besides the medical activities we also initiated a lot of wellness activities like fitness and aerobics. Many of our previous patients are members now. We also gained a lot of new members, simply because there is a large population that does not feel comfortable in a gym but who really wants to do something about their health.

As a result the overall business value of our clinic has doubled. We have expanded our staff and the atmosphere has really changed and improved. Patients are now motivating each other for a quicker improvement and recovery times. All together we see the incorporation of En-Track in our clinic as a major step forward."

To arrange a consultation and site visit to your clinic call our active Rehab Team TODAY



# What are the benefits to your customers AND your business?



- Provides better facilities for your patients enabling quicker recovery times
- Patients can exercise in a safe, supervised environment, helps to build long term relationships
- Provides differentiation to your clinic
- An additional revenue stream to support and develop your practice
- Better value for your patients



## How much does it cost to open an Active Rehabilitation Centre?

### An Example

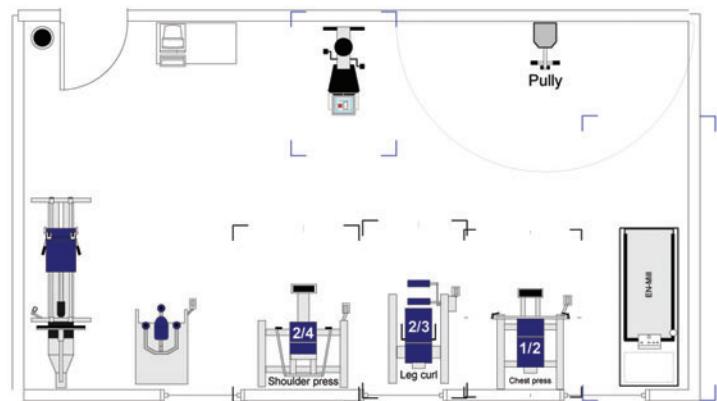
A practitioner has a 45 sq metre room that they would like to convert into a Rehabilitation centre. Our design team recommends 8 pieces of equipment, a mix of both cardio and strength equipment (see example below). This is going to cost the practitioner approximately only £700 a month on a 5 year lease. That is a cost of £8,400 for the first year. **Following the example of our European neighbours this money can easily be re-couped by converting patients into paying members.**

There are many member charging models you can use but a simple way is to charge for a number of training sessions per week, for example 2 x training session per week = £9.95. **Compared to fitness centre this is half price for your patients.**

**This would mean that throughout a 12 month period you would only need 18 patients to train 2 x a week for 50 weeks, bringing you an income of £8,955.**

### What's next?

- Find an appropriate space that is easily accessible for your patients
- Due to the small footprint of our equipment the room can be as small as 30 sq metres
- You only need a small numbers of units to benefit from the En-Track software programme (7 recommended)
- Call our Active Rehab design team and they will plan and design your centre for you



**For more information & prices call now to speak to our Customer Service Team**

# EN-Dynamic

## Dynamic Exercise Impressive Results

The Enraf-Nonius EN-Dynamic range is unique in the fact that it is controlled by compressed air. This means there are no weight stacks, making the unit more compact but more importantly it means there are no harsh peak forces. The compressed air system means you achieve a very smooth controlled action and allows for very small increments of weight.

Each EN-Dynamic unit works with the EN-Track software, each unit has a simple to use interface where the client can insert their pre-programmed chip card. This gives the Therapist complete control over resistance lifted, number of repetitions and the rest time.

EN-Dynamic units are designed specifically for Medical Rehabilitation, this is reflected in the high-tech superior materials that they are engineered from. Due to their unique design and the interaction with the EN-Track software the EN-Dynamic units are perfect for everyone, whether it be the young or old or beginners to elite sports men & women.



# Feel the Difference

## Between fitness equipment and En-Dynamic



COMPLIES TO ALL  
MEDICAL STANDARDS

### No Inertia

Due to the lack of inertia, the training and power training are in the purest form.

### Ergonomic Resistance Curve

In the design of the equipment, optimal account was taken of the ergonomic resistance curve and the muscle-length-diagram.

### Resistance in Small Steps

The resistance is adjustable in small steps so that exercise doses can be accurately set, overload is avoided and the intensity can be built up extremely gradually. The extremely low starting resistance also makes the En-Dynamic exceptionally well suited to older people.

### Small Dimensions and Quiet

The equipment is compact, light in weight and, due to the mainly frontal step-up possibilities, easily accessible to less able people. The lack of noise is a relief in the dynamic exercise room.



### No Peak Forces

Due to a pneumatic resistance across the whole movement path, peak forces are avoided and this is favourable for training sessions in the commencement phase of rehabilitation. In addition, the En-Strength Dynamic equipment is also exceptionally well suited to power training in the final phase of rehabilitation.



### En-Dynamic

for SPORTS PEOPLE  
for REHABILITATION  
for OLDER PEOPLE  
for HEALTH

1

**EN-Dynamic Pneumatic Exercise Units**

EN-Track training allows optimum exercising for everyone: men, women, elderly, youngsters, beginners to advanced. After the automatic set-up with the EN-Track chipcard, the individual's ideal body position can be set. In this correct posture the body is supported on essential points. This means exercises can be executed in an appropriate way: with correct posture and accurate load. Compensation is limited to a minimum.

The units are easily accessible, easy adjustable and because of the EN-Track guiding, unambiguous to use. Even individuals without training experience will feel very at ease in your centre.

- Adjustable from a seated position: the load is set by a simple push on a button.
- Provides clear feedback to the user: the force is displayed digitally and the number of repetitions is counted automatically. The large green letters are also visible for persons with visual limitations.
- Manually adjustable or with the chipcards, resistance and number of repetitions are set automatically.
- Accurately adjustable. Minimal increments are possible, thus accurate setting and smooth progression.
- Wide range of load setting: from extremely light to very heavy.
- No unnecessary high peak forces.
- Simple to operate
- Silent during exercising.
- Compact.

**(1) EN-Dynamic Shoulder Press****Technical specification**

- Range: 0-60 x 10N(kgf)
- Size: 140 x 120 x 180cm
- Weight: 135kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

**016479****(2) EN-Dynamic Pull Down****Technical specification**

- Range: 0-80 x 10N(kgf)
- Size: 140 x 120 x 180cm
- Weight: 105kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

**016478****(3) EN-Dynamic Strength Rowing****Technical specification**

- Range: 0-100 x 10N(kgf)
- Size: 120 x 90 x 115cm
- Weight: 100kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

**016481****(4) EN-Dynamic Triceps Dips****Technical specification**

- Range: 0-100 x 10N(kgf)
- Size: 130 x 72 x 140cm
- Weight: 96kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

**016482****(5) EN-Dynamic Abdominal Trainer****Technical specification**

- Range: 0-80 x 10N(kgf)
- Size: 160 x 90 x 140cm
- Weight: 120kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

**016485****DELIVERY**

Delivery is approximately 3 to 4 weeks. Please contact Customer Services for more information.

2



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4



5



**(1) EN-Dynamic Chest Press**

## Technical specification

- Range: 0-120 x 10N(kgf)
- Size: 135 x 105 x 140cm
- Weight: 100kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

016480



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**(2) EN-Dynamic Fly**

## Technical specification

- Range: 0-65 x 10N(kgf)
- Size: 130 x 120 x 140cm
- Weight: 100kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

016483



2

**(3) EN-Dynamic Low Back Trainer**

## Technical specification

- Range: 0-80 x 10N(kgf)
- Size: 160 x 90 x 130cm
- Weight: 120kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

016486



3

**(4) EN-Dynamic Adduction**

## Technical specification

- Range: 0-60 x 10N(kgf)
- Size: 140 x 140 x 140cm
- Weight: 85kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

016476



4

**(5) EN-Dynamic Leg Extension**

## Technical specification

- Range: 0-100 x 10N(kgf)
- Size: 140 x 90 x 140cm
- Weight: 105kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

016473



COMPLIES TO ALL MEDICAL STANDARDS



5



## DELIVERY

Delivery is approximately 3 to 4 weeks. Please contact Customer Services for more information.

**1****(1) EN-Dynamic Total Hip**

## Technical specification

- Range: 0-36 x 10 N(kgf)
- Size: 110 x 115 x 170cm
- Weight: 120kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

**016477****(2) EN-Dynamic Seated Leg Press**

## Technical specification

- Range: 0-200 x 10N(kgf)
- Size: 220 x 90 x 140cm
- Weight: 105kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

**016472****(3) EN-Dynamic Seated Leg Curl**

## Technical specification

- Range: 0-70 x 10N(kgf)
- Size: 140 x 90 x 140 cm
- Weight: 105kg
- Power supply: direct plug-in adapter, input voltage 230V/50Hz, output 12V-10W

**016474****(4) Compressor for EN-Dynamic**

For installations of one or more of the EN-Dynamic unit(s), the following items are required:

Can be used up to max of 10 EN-Dynamic units

**016488****(5) EN-Dynamic Installation Kit** Not Illustrated

Supplied with 25m air tube, 9 T-tubes, 2 plugs and a user manual

**016487****(6) Adapter 230v/12v - BSI** Not Illustrated

**016489** Adapter 230v/12v - BSI

**(7) Mill**

The Mill is extremely suitable for a wide range of rehab and training purposes such as active rehabilitation and/or general training and fitness.

## Features

- Easy to operate with clear display
- Low mounting height
- Sprung running surface
- Programmable
- Heart rate control and monitoring with a Polar® chest band
- Emergency stop via emergency button (standard model)
- Hip belt with safety switch (for automatic stop if the client cannot maintain the running speed of the belt)

The Standard model can be extended or modified with the following options: 1. speed range extra fast or extra slow 2. Various front and side supports 3. Various types of height adjustments 4. An access platform 5. An extra deluxe emergency stop

## Technical specifications

- Min./max. speed: 0.5-i18 km/h adjustable
- Inclination: 0-25%
- Dimensions: 212 x 80 x 138cm (L x W x H)
- Weight: 145 kg

**016506** Mill Standard (without EN-Track Interface)

**016507** Mill Track (with EN-Track Interface)

Maximum user weight **135 kg** **21<sup>1</sup>/<sub>4</sub> st**



## DELIVERY

Delivery is approximately 3 to 4 weeks. Please contact Customer Services for more information.

**2****3****3****4****7**

1

**Vibration Training**

Vibration training (Whole Body Vibration or WBV) is a highly effective and flexible training concept within physiotherapy, well-being and sport. Vibration training influences the muscles, blood vessels, cartilage, bones and hormones. This major effect on the various physiological systems makes the vibration plate a unique piece of exercise equipment. The action of the vibration plate is based on the 'strain reflex'. The mechanical vibration of the vibration plate is transferred to the body so that the muscles involuntarily contract and expand intensively and continuously. 'Involuntarily' means automatically and this reaction of the body to the vibration plate cannot therefore be stopped. Due to the high frequency of the vibration, the effect of this reaction is also very strong and is of course much more rapid than the normal voluntary movements so that the "movement dose" per unit of time is much greater. Just compare it with an exercise of the leg muscles. If you have 30 seconds of time, for example, simple step exercises with a speed of about 2 steps a second, your leg muscles will have performed 120 contractions (60 concentric and 60 exocentric contractions). A frequency of 30Hz means 30 muscle contractions per second, so when you perform an exercise for 30 seconds, you have 900 muscles contractions (reactive contractions). In addition to this direct mechanical action on the muscles, training on the vibration plate also results in a number of physiological effects that are extremely desirable, such as:

- Reduced breakdown of muscle proteins
- Increased excretion of hormones
- Improved regenerative processes
- Improvement of blood flow and lymph drainage
- Reduced bone decalcification

Finally, but not least; vibration training is also fun! Due to the intense sensation that people experience during the training, people feel good doing it!

The EN-Vibe features include:

- Excellent durability
- Powerful frequency-controlled motor
- Extensive set up capabilities
- Exceptionally easy operation

**(1) Vibration Plate**

In addition to this direct mechanical action on the muscles, training on the vibration plate also results in a number of physiological effects:

- Reduces breakdown of muscle proteins
- Increased excretion of hormones
- Improved regeneration processes
- Improvement of blood flow and lymph drainage

**018362**

**DELIVERY**

Delivery is approximately 3 to 4 weeks. Please contact Customer Services for more information.



COMPLIES TO ALL  
MEDICAL STANDARDS



1



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**1**

STEP WITH HORN-SHAPED HANDLEBARS



COMPLIES TO ALL MEDICAL STANDARDS

**EN-Cardio Respiratory Exercise Equipment**

The EN-Cardio range has a simple to use interface that works in combination with the EN-Track software. This allows cardiovascular exercise to be part of your clients rehabilitation programme. Using the EN-Track software will allow you to add EN-Cardio units as part of your clients warm up or cool down, or they might be the main part of their programme if they are on a weight loss programme.

The EN-Track software will feedback clear and precise results on how your patients performed on the EN-Cardio units, this is a great motivational and analysis tool.

**(1) Step**

The step is an ergometer with dependent pedals, so the left and right leg must be used in combination for optimum performance. If one leg is performing less well than the other, this can be compensated for by the other leg.

**Features**

- Clear display and ergonomic design
- Pulse monitoring by means of Polar chest-strap and built-in receiver
- Smart-card technology

**Technical specifications**

- Dimensions: 107 x 73 x 150cm (L x W x H)
- Weight: approx. 50kg

**016494** Step**016495** Step with horn-shaped handlebars**016496** Step with horn-shaped handlebars, incl hand/pulse measurement

Maximum user weight

150 kg

23 1/2 st

**(2) Bike Reha**

The Bike Reha is suitable for cardio respiratory training, rehabilitation and sports training. This ergometer cycle is well suited many patients including those with limited movement due its low mounting level, easy test modules, the horizontal and vertical adjustability of the saddle and handlebars and the adjustable cranks. The ability to set the resistance level at an exceedingly low 20 Watts makes the Bike Reha also idea for heart & lungs patients.

The Bike Reha can also be controlled from the EN-Track concept so that the entire training can be put together beforehand in a simple manner, the settings of the cycle are automatically performed with the aid of a chip card and the results can be clearly displayed in the software.

**Features**

- Low instep
- Clear display and ergonomic design
- Wear-resistant eddy-current brake
- Pulse monitoring by means of Polar chest-strap and built-in receiver
- Low-noise belt-drive
- Smart-card technology
- Handlebar horizontal and vertical adjustable
- Saddle horizontal and vertical adjustable
- Variable resistance (20-400 Watts)

**Technical specification**

- Dimensions: 118 x 55 x 115cm (L x W x H)
- Weight: approx. 55kg

**016490** Bike Reha**017261** Bike Reha incl hand/pulse measurement**016492** Bike Reha Track, inc. adjustable cranks**016493** Bike Reha Track, incl hand/pulse measurement & adjustable cranks

Maximum user weight

150 kg

23 1/2 st

**DELIVERY**

Delivery is approximately 3 to 4 weeks. Please contact Customer Services for more information.

**(1) Crosswalker**

The Crosswalker is a total workout ergometer in which both the upper and lower extremities are fully involved in the power generation. By combining these two ballistic movements, extra-high demands are made in the user's cardiorespiratory capacity.

**Features**

- Uniformity in operation
- Clear display
- Ergonomic design
- Wear-resistant eddy-current brake
- Pulse monitoring (Polar chest strap and built in receiver)
- Low-noise belt drive
- Smartcard technology

**Technical Specifications**

- Dimensions: 190 x 55 x 177cm (L x W x H)
- Weight: approx. 80kg

**016500** without hand/pulse measurement

**016501** with hand/pulse measurement

Maximum user weight **150 kg** **23½ st**



COMPLIES TO ALL MEDICAL STANDARDS

**(2) Stair**

The stair is a step ergometer with independent pedals, so the left and right leg work independently. Even if the user has asymmetric mobility (i.e. limitations in one of the joints of the lower extremity) this ergometer can still be used to excellent effect.

**Features**

- Uniformity in operation
- Clear display
- Ergonomic design
- Pulse monitoring (standard with earclip)
- Smartcard technology

**Technical Specifications**

- Dimensions: 107 x 73 x 150cm (L x W x H)
- Weight: Approx 55kg

**016497** Stair

**016498** Stair with horn-shaped handlebars

**016499** Stair with horn-shaped handlebars, incl hand/pulse measurement

Maximum user weight **150 kg** **23½ st**



COMPLIES TO ALL MEDICAL STANDARDS



STAIR WITH HORN-SHAPED HANDLEBARS

**(3) Cruiser**

The Cruiser is a total workout ergometer in which both the upper and lower extremities are fully involved in the power generation. By combining these two ballistic movements, extra-high demands are made on the user's cardiorespiratory capacity. Thanks to the other movement module, Cruiser will form a welcome change from the Crosswalker.

**Features**

- Uniformity in operation
- Clear display
- Ergonomic design
- Wear-resistant eddy-current brake
- Pulse monitoring (standard with earclip)
- Low-noise belt drive
- Smartcard technology

**Technical Specifications**

- Dimensions: 220 x 55 x 125cm (L x W x H)
- Weight: Approx 100kg

**016502**

Maximum user weight **150 kg** **23½ st**



COMPLIES TO ALL MEDICAL STANDARDS



## DELIVERY

Delivery is approximately 3 to 4 weeks. Please contact Customer Services for more information.

**1****2****3**

1



2



1 EN-Free

The EN-Free allows for free exercises to be included in the EN-Track system. As part of your clients rehabilitation programme you may wish them to complete various free exercises.

You simply programme the exercises you require into the EN-Track system; this becomes an exercise station within your rehabilitation centre. As the therapist you can then programme the EN-free station as part of clients programme and the exercises will be stored on the clients chip card.

- Work on a mini trampoline
- Exercises with a Flexibar
- Dumbbells
- Balance exercise on a Wobble board

#### Features

- Compose your own free exercises
- Safe and supervised training

#### Technical Specification

Dimensions: 21 x 18.5 x 6cm (H x W x D)

Weight: 1.2kg

**016469**



2 EN-Tree Bench

The stable basis for MTT - suitable for both therapeutic support and personal use.

#### Features

- Practical and easily adjustable
- Inclinable, length-adjustable backrest
- Equipped with inclinometer
- Adjustable seat cushions
- Seat cushions gently inclinable

#### Technical specifications

- Dimensions: 48 x 47 x 134cm (H x W x L)
- Weight: 25kg
- Maximum load per section in its lowest position: 135kg
- Angle adjustment: - back-section 0° to 75°  
- leg-section 0° and 7°

**016510**



#### DELIVERY

Delivery is approximately 3 to 4 weeks. Please contact Customer Services for more information.

#### INFORMATION

Need to order either a pillar - as shown in the diagram or a wall fixing for the EN-Free Unit.

The versatile way back to health.

### 1 EN-Tree Pulley

The EN-Tree P is a unique pulley system that works with compressed air, just like the EN-Dynamic units. This functional exercise unit allows great versatility when setting rehabilitation programmes for clients.

With a pulley system upper limb and lower limb activities that are both dynamic and non-dynamic functional movements can be achieved.

Varied stabilisation, co-ordination, rotation and mobilisation exercises can also be performed.

With the EN-Tree P the therapist can control the clients exercise programme as this unit also works through the EN-Track system. This allows the therapist to enter as many Pulley exercises as they wish into the software system. Photographs of all different exercises can be displayed within the software and in a client guidebook next to the unit itself.

The great benefit of the EN-Tree P having the EN-Track software is that it has the same easy to use interface as the EN-strength units. This means the EN-Tree P has the unique feature of a rep counter - a first for a pulley system! The EN-Track software enables the therapist to control the weight, reps and rest time for the client.

#### Features

- Automatic adjustable with En-Track chip card
- Wide range of load settings: from extremely light to heavy
- Minimal increments
- No unnecessary peak forces

**016508**

### 2 EN-Tree Train

- Two-section MTT angle/mobilisation bench
- Both sections are easily adjustable

#### Features

- Resistance adjustable in small steps thanks to wide choice of starting-positions
- The two sections are independently adjustable
- Both sections have an inclinometer
- Section with face-hole is adjustable from  $-80^\circ$  to  $+70^\circ$
- Leg-part upwardly adjustable  $-25^\circ$  to  $+15^\circ$
- Fitted with height-adjustable bolsters

#### Technical specifications

- Dimensions: 82 x 56 x 143cm (H x W x L)
- Weight: 37kg
- Angle adjustment: trunk-section  $-80^\circ$  to  $+75^\circ$   
leg-section  $-25^\circ$  to  $+15^\circ$
- Maximum load per section: 135kg
- Position of the rolls in relation to the end of the leg section:  
parallel to the top 0 to 27cm  
at a right angle to the top  $-45$  to  $+24$ cm

**016511**



Partner for Life



#### DELIVERY

Delivery is approximately 3 to 4 weeks. Please contact Customer Services for more information.

**1**

### (1) SRF Board

Designed by a Physical Therapist, this versatile trainer offers endless options for hip, groin and core development.

The SRF Board offers:

- Unlimited configurations with 2 piece system
- One fixed and one sliding disc
- Lock out pins eliminate disc rotation for increased stability
- 4 adjustable bumpers to limit R.O.M
- Operates with resistance from 0 to 4 cords

Rotational Discs allow dynamic movement patterns and provide a friction-free environment that encourages muscle development while decreasing torque at the knee. Functional training for all levels of clients from professional athletes to recent hip replacement patients. This versatile product allows you to do rehabilitation, general fitness cross-training and dance specific exercises. Resistance cords may be added from either end to assist or resist the forces of gravity on the user.

Net weight: 10kg

**S5006**

**1****1**

### (1) Pro Fitter Physio Kit

The Pro Fitter Physio Kit is used by rehabilitation and physical therapy experts worldwide because of its effectiveness in the development of proprioception, muscular stabilization, joint mobilization, strength training and client motivation.

Pro Fitter is challenging yet fun and easy to learn! Individuals of all ages quickly discover that skill building with Pro Fitter is more like a sport than an exercise!

Since 1985, athletes and medical experts worldwide have depended on Pro Fitter for maximizing sports performance.

- Enhance functional core strength and stability.
- Maximize functional leg strength and power.
- Obtain faster and more precise reaction skills.
- Develop effective upper and lower body strength programs.
- Improve cardiovascular endurance.
- Improve proprioception and reduce the risk of sports injuries.

#### For Rehabilitation

For over a decade, Pro Fitter has helped patients rebuild their confidence to overcome physical and emotional barriers associated with injury. It is a dynamic modality that offers the benefits of a complete "closed chain" rehab program for ankle, knee, hip, back & shoulder injuries. Pro Fitter Physio Kit is used by rehabilitation experts worldwide because of its effectiveness in proprioceptive development, muscular stabilization, joint mobilization, strength gains and client motivation.

#### Support Articles

Stroke Rehabilitation Using a Fitter by Margaret Johnstone FCSP  
Balance Problems Found Treatable by Training from Tribune News Service Package Comes With:

Pro fitter, Soft Ankle Board, Hard Ankle Board, Balance Aids, DVD, User guide, Manual

Net weight: 15.1kg

**221705** Pro fitter Physio Kit



### (2) Pro Fitter Cross Trainer

For nearly 2 decades, the Pro Fitter cross trainer has helped patients rebuild their confidence to overcome physical and emotional barriers associated with injury. It is a dynamic modality that offers the benefits of a complete "Integrated and Functional" rehabilitation program for ankle, knee, hip, back and shoulder injuries. The Pro Fitter cross trainer is challenging, fun and easy to use.

Functional cross trainers like this effectively reproduce dynamic sports movements. Balance training is critical to all sports performance, as it enhances the ability to react and respond. Whether you're averting a tackle, riding a rail, catching a ball, cycling a mountain trail or skiing moguls, quick feet and coordinated body movements will help improve sports performance and prevent injuries.

#### Support Articles

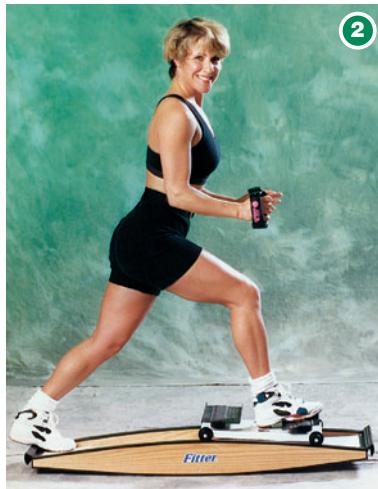
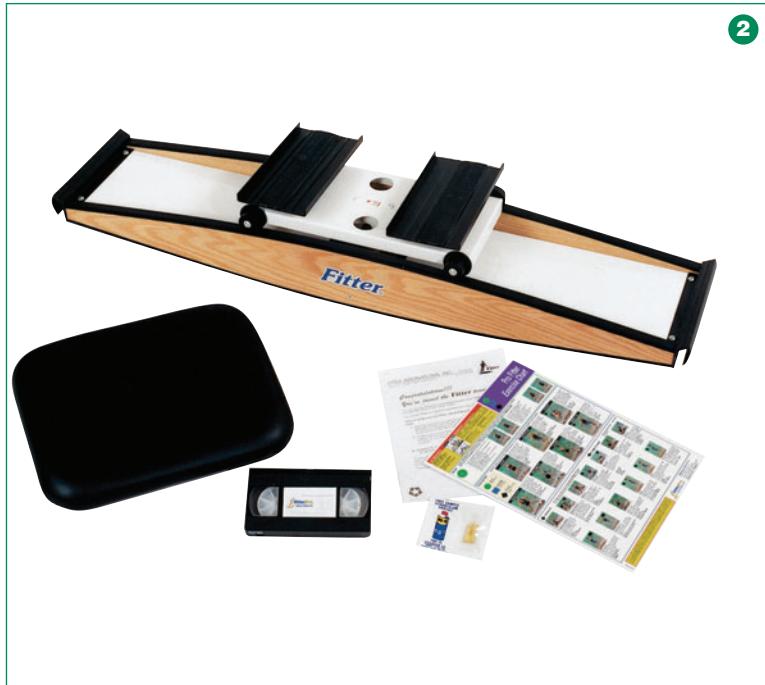
Stroke Rehabilitation Using a Fitter by Margaret Johnstone FCSP  
Balance Problems Found Treatable by Training from Tribune News Service Net weight: 11.4g.

#### Package Comes With:

Pro fitter, Soft Ankle Board DVD, User guide Manual

**221704** Pro fitter 3-D Cross Trainer

**221707** Pro Fitter - Hard Ankle board



HARD ANKLE BOARD

# Cardio Vascular Equipment

## Exercise Equipment

1



Exercise bikes are great for cardiovascular fitness, they help to develop and strengthen the quadriceps muscles, the gluteal muscles, and the hamstring muscles.

### (1) Golf S

Latest version of the very popular Golf cycle. Smooth pedalling courtesy of Kettler's excellent magnetic brake system. The new futuristic tachometer display screen makes it easy to track progress.

#### Features

- Resistance - magnetic
- Resistance levels - 10
- Display - LCD

#### Functions

Time, speed, revs, distance, pulse rate

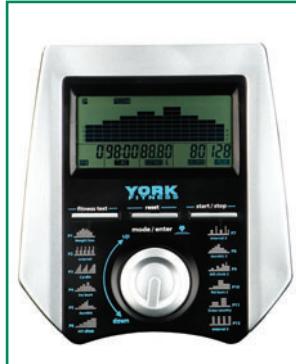
010402

Maximum user weight

130 kg  
20 st



2



### (2) York Fitness Cycle Anniversary C201

#### Features

- 16 Electro magnetic resistance levels
- Hand Pulse Sensors
- Display showing; Time, speed, distance, calories, pulse, RPM, fitness test
- 21 Workout programmes; 12 Pre-set, 4 target, 3 Heart Rate controlled, 1 manual, 1 user
- Adjustable handlebars, large padded seat, seat height and reach adjustment, mains powered

Length 97cm. Width 55cm. Height 141cm. Weight 28kg.

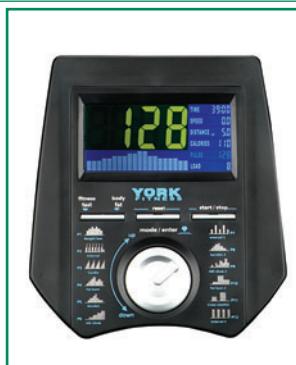
09 117 2170

Maximum user weight

125 kg  
19½ st



3



### (3) York Fitness Cycle Anniversary C202

#### Features

- 16 Electro magnetic resistance levels
- Hand Pulse Sensors
- Display showing; Time, Speed, Distance, Calories, Pulse, RPM, Body Fat/BMI Analyser, Room Temperature, Fitness Test
- 22 Workout programmes; 12 Pre-set, 4 Target, 4 Heart Rate Controlled, 1 Manual, 1 User
- Adjustable handlebars, large padded seat, seat height and reach adjustment, mains powered

Length 103cm. Width 55cm. Height 139cm. Weight 28kg.

09 117 2188

Maximum user weight

125 kg  
19½ st



#### INFORMATION

These products come with a 1 year warranty and are not recommended for medical use.



#### DELIVERY

Delivery is approximately 4 to 6 weeks. Please contact Customer Services for more information.

**1 Bremshey Cardio Pacer**

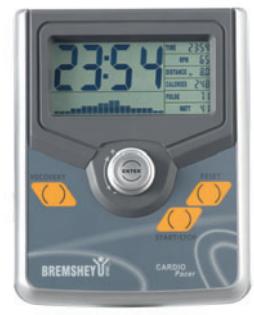
## Features

- User friendly and functional
- Comfortable low frame entry
- Display showing; Time, speed, distance, calories, pulse, RPM,
- 12 Workout programs: including 6 pre-set, 1 user, 1 constant Heart Rate control, quick start, constant watt
- Horizontal and height adjustable seat, adjustable handle bar, transport wheels, mains powered

Length 99cm (39"). Width 55cm (21"). Height 134cm (53").  
Weight 35kg.

09 117 2600

Maximum user weight **135 kg** **21 1/4 st**

**2 Bremshey Cardio Explorer**

Made for high demanding workouts, suitable for multiple users.

## Features

- Comfortable low frame entry
- 16 resistance levels
- Hand pulse sensors
- Display showing; Time, Speed, Distance, Calories, Pulse, RPM, Body Fat/BMI Index
- 22 Workout programs: including 12 pre-set, 4 user, 1 constant heart rate control, quick start, constant watt
- Horizontal and height adjustable seat, adjustable handle bar, transport wheels, mains powered

Length 99cm (39"). Width 55cm (21"). Height 134cm (53").  
Weight 38kg.

09 117 2634

Maximum user weight **135 kg** **21 1/4 st**



**Recumbent bikes offer one of the few cardio workouts that put no pressure on your knees and other joints. Recumbent bikes let your body exercise at an angle where your body weight is not stressing your joints.**

**3 Bremshey Cardio Pacer Recumbent Cycle**

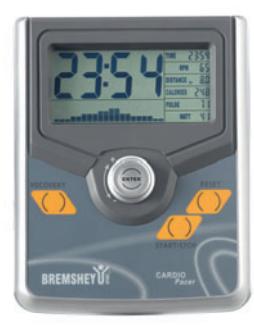
## Features

- User friendly and functional
- Comfortable ultra low frame entry
- Display showing; Time, Speed, Distance, Calories, Pulse, RPM, Heart Rate
- 12 Workout programs, including 6 pre-set, 1 user, 1 constant heart rate control, quick start, constant watt,
- Horizontal and height adjustable seat, backrest tilt, adjustable handle bar, transport wheels, mains powered

Length 162cm (64"). Width 69cm (26"). Height 119cm (47").  
Weight 50kg.

09 117 2683

Maximum user weight **135 kg** **21 1/4 st**

**4 Bremshey Cardio Control Recumbent Cycle**

## Features

- Comfortable ultra low frame entry
- Display showing; Time, Speed, Distance, Calories, Pulse, RPM, Heart Rate
- 18 Work out programs, including 12 pre-set, 1 user, 1 constant heart rate control, quick start, constant watt
- Horizontal and height adjustable seat, backrest tilt, adjustable handle bar, transport wheels, mains powered

Length 162cm (64"). Width 69cm (26"). Height 119cm (47").  
Weight 52kg.

09 117 2790

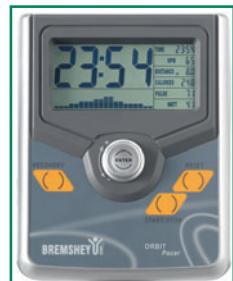
Maximum user weight **135 kg** **21 1/4 st**



**DELIVERY**  
Delivery is approximately 2 weeks. Please contact Customer Services for more information.

# Cardio Vascular Equipment

1



## (1) Bremshey Orbit Pacer Elliptical

### Features

- User friendly and functional
- LCD monochrome monitor
- Display showing: Time, Speed, Distance, Calories, Pulse, RPM, Watts
- 12 Workout programs: including 6 pre-set, 1 user, 1 constant heart rate control, quick start, constant watt,
- Stride length 40cm (16")
- Transport wheels, mains powered

Length 135cm (53"). Width 62cm (24"). Height 158cm (62"). Weight 55kg (81/2st).

09 117 2808

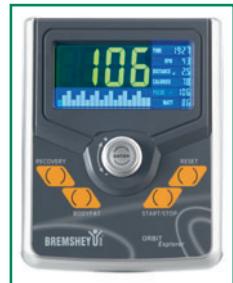
Maximum user weight

**135 kg**

**21 1/4 st**



2



## (2) Bremshey Orbit Explorer Elliptical

### Features

- LCD monitor with colour back light
- Display showing: Time, Speed, Distance, Calories, Pulse, RPM, Watts
- 22 Workout programs: including 12 pre-set, 4 user, 1 constant heart rate control, quick start, constant watt, body fat
- Stride length 50cm (19")
- Transport wheels, mains powered

Length 151cm (59"). Width 62cm (24"). Height 158cm (62"). Weight 62kg (93/4st).

09 117 2816

Maximum user weight

**135 kg**

**21 1/4 st**



## (3) Orbit Control C 19" - Cross Trainer

The Orbit Control C 19" Cross Trainer has a new, easy-to-operate console which is equipped with a back light colour LCD monitor. Packed with numerous training functions and programs, the user can choose from a variety of motivating programs.

- Display - colour LCD back light
- Resistance system - Permanent magnet, servo adjustment
- Stride length - 50cm/19"
- Transport wheels

Length 151cm (59"). Width 62cm (24"). Height 158cm (62"). Weight 60kg (91/2st).

S9011

Maximum user weight

**135 kg**

**21 1/4 st**



## (4) Bremshey Orbit Explorer 19" Front Driven

### Features

- LCD monitor with colour back light
- Display showing: Time, Speed, Distance, Calories, Pulse, RPM, Watts
- 22 Workout programs: including 12 pre-set, 4 user, 1 constant heart rate control, quick start, constant watt, body fat
- Stride length 50cm (19")
- Transport wheels, mains powered
- Front driven

Length 182cm (72"). Width 71cm (27"). Height 162cm (66"). Weight 66kg (101/2st).

09 117 2824

Maximum user weight

**135 kg**

**21 1/4 st**



### DELIVERY

Delivery is approximately 2 weeks. Please contact Customer Services for more information.

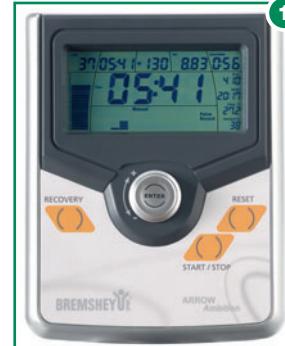
**(1) Bremshey Arrow Ambition Rower****Features**

- User friendly and functional
- LCD monochrome monitor
- Foldable and easy to transport for storage
- Display Showing; Time /500m, Distance, Calories, Pulse, Strokes Per Minute
- 3 Programmes including quick start, manual, HR mins/max limit, fitness test
- Flexible footrests, Ergonomic soft seat, transport wheels

In use: Length 209cm (82"). Width 54cm (21"). Height 80cm (31").  
 When Folded: Length 155cm (61"). Width 54cm (21").  
 Height 80cm (31"). Rail Length 88cm (35").  
 Weight 37kg (5<sup>3</sup>/<sub>4</sub>st).

09 117 2857

Maximum user weight **135 kg** **21<sup>1</sup>/<sub>4</sub> st**

**(2) Kettler Coach LS Rowing Machine**

This machine was specially developed for athletes who demand the very best in rowing exercise. Beside rowing, its special fittings allow a varied programme of training with 20 different exercises.

001391

Maximum user weight **130 kg** **20<sup>1</sup>/<sub>4</sub> st**



2

**(3) Twin Sport Recumbent Cycle & Rower**

The TWIN SPORT gives you a recumbent cycle and rower all in one unit.

**Recumbent Cycle**

- Silent magnetic brake system with belt transmission equipped with a mechanical adjustment of the resistance via resistance knob with 8 positions.
- Flywheel 7 kg
- Comfortable adjustable seat
- Transport wheels at front. Rear level adjustment
- Heart rate via hand pulse
- Computer with large screen for display of following functions: Time, Speed, Calories, Distance, Heart rate.

**Rower**

- Magnetic brake system (smooth and silent)
- Comfortable seat
- Foldable machine for easy storage
- Adjustable strapped foot holders
- Transport wheels

Dimensions: Width 60cm (23<sup>1</sup>/<sub>2</sub>"). Depth 189cm (74<sup>1</sup>/<sub>2</sub>").

Height 85cm (33<sup>1</sup>/<sub>2</sub>").

Weight: 31kg (43/4st).

221120

Maximum user weight **110 kg** **17<sup>1</sup>/<sub>4</sub> st**



3

**DELIVERY**

Delivery is approximately 2 to 3 weeks. Please contact Customer Services for more information.

# Cardio Vascular Equipment

## Exercise Equipment

1



### (1) T360.1 HR Trimmer Treadmill

The TrimMaster T360.1 Treadmill has numerous programs with a fully adjustable incline & speed controls. The rubber Suspension deck Cushioning system absorbs foot impact and help prevents stress injuries to give a more comfortable running feel.

#### Specification

##### Display

Time, Distance, Speed, Incline, Calorie consumption & heart rate, elevation.

Programs  
14, Various Preset Programs,  
1 heart rate controlled & 2 user programs

##### Speed

0.5 - 11mph

Motor Size  
2.0HP

Incline  
0 - 12%

Weight  
114kg

##### Dimensions

W 89cm, L 87cm, H 182cm

Folded  
In Use  
W 89cm, L 195cm, H 155cm

Deck Size  
W 50cm, L 142cm

Standards  
Complies with EN-957

Power Requirements  
220 - 240V 50/60Hz

Warranty  
2 years (Frame & drive motor 15 years)

221843

Maximum user weight

135 kg  
21<sup>1</sup>/<sub>4</sub> st



### (2) T380.1 HR Trimmer Treadmill

The TrimMaster T380.1 Treadmill is ideal for heavy users with its large orthopaedic running surface it ensures a smooth, safe, low impact workout.

- LCD backlit
- Heart rate measurement: hand grip pulse sensors and built-in receiver with wireless chest strap included, Polar compatible

#### Specification

##### Display

Time, Distance, Speed, Incline, Pace, Calorie consumption & heart rate, elevation.

Programs  
21, 15 Preset Programs, 3 heart rate controlled & 3 user programs

Speed  
0 - 13.7mph

Motor Size  
3.0HP

Incline  
0 - 12% with 12 quick keys

Weight  
123kg

##### Dimensions

W 91cm, L 88cm, H 186cm

Folded  
In Use  
W 91cm, L 201cm, H 157cm

Deck Size  
W 51cm, L 148cm

Standards  
Complies with EN-957

Power Requirements  
220 - 240V 50/60Hz

Warranty  
2 years (Frame & drive motor 15 years)

221844

Maximum user weight

160 kg  
25 st



#### DELIVERY

Delivery is approximately 2 weeks. Please contact Customer Services for more information.

### 1 Bremshey Treadline Pacer Treadmill

Suitable for the most intensive training.

#### Features

- LED graphic display,
- Top speed of 20 km/h
- Incline 0-12% powered
- 3.0HP
- Running area 150cm (59") x 52cm (20")
- Display includes; Time, Speed, Distance, Calories, Pulse, Incline, Lap Counter
- 13 Workout programmes includes, 7 pre-set, 3 user, 1 constant heart rate controlled, manual, quick start
- Direct speed keys, direct Incline Keys, Folds, transport wheels, mains powered

In use: Length 195cm (77"). Width 87cm (34"). Height 137cm (54").  
Folded: Length 81cm (32"). Width 87cm (34"). Height 186cm (73").  
Weight 115kg (18st).

**09 117 2832**

Maximum user weight **150 kg** **23½ st**



### 2 Bremshey Treadline Control Treadmill

#### Features

- LED graphic display,
- Top speed of 20 km/h
- Incline 0-12% powered
- 3.0HP
- Running area 150cm (59") x 52cm (20")
- Display includes; Time, Speed, Distance, Calories, Pulse, Incline, Lap Counter
- 14 Workout programmes includes, 7 pre-set, 3 user, 2 constant heart rate controlled, manual, quick start
- Orthopedic belt, direct speed keys, direct Incline Keys, Folds, transport wheels, mains powered.

In use: Length 195cm (77"). Width 87cm (34"). Height 137cm (54").  
Folded: Length 81cm (32"). Width 87cm (34"). Height 186cm (73").  
Weight 115kg (18st).

**09 117 2840**

Maximum user weight **150 kg** **23½ st**



### 3 AC5000M Treadmill

The AC5000M treadmill features a simple to use, easy to read control panel. It also offer one of the largest walking surfaces in the industry. This treadmill is perfect for commercial fitness and medical applications. The AC5000M Treadmills can handle up to 450 pounds and elevates up to 15%, challenging even the most well conditioned users.

- Powerful 3HP AC motor with inverter, 110v or 220v
- -3% to + 12% electronic elevation in .5 increments of adjustment.
- Speed range from .1 to 10 MPH, reverse speeds to 4 MPH
- Side handrail switches for speed and elevation.
- Generous 22 x 62" walking surface with SCIFIT logo printed on belt for added safety.
- Reversible eucalyptus deck with shock absorption.
- Heart rate compatible with most wireless technology, and contact heart rate.
- Emergency stop magnet for added safety.
- Six programs plus heart rate control and "Quick Start".
- Fit-Key™ embedded documentation technology.

Length 206cm (81.5"). Width 80cm (31.5"). Height 160cm (63")  
Product weight: 180kg (28st)

**S2113**

Maximum user weight **204 kg** **32 st**



**DELIVERY**  
Delivery is approximately 2 to 4 weeks. Please contact Customer Services for more information.

**1**

### **(1) Tunturi F20 Exercise Bike**

This simple to operate exercise cycle is battery powered giving complete freedom in location.

- Console features easily legible oversized digits in display with all values visible simultaneously for easy progress follow-up
- Heart Rate measurement with integrated contact monitor in handlebar for quick feedback
- Adjustable handlebars, seat and pedals for optimum ergonomics
- Light-weight yet sturdy construction
- Displays time, distance, speed, energy consumption, heart rate, room temperature

Length (storage) 86cm (34"). Width 64cm (25").

Height (storage) 141cm (56"). Weight 34 kg.

**09 131 1851**

Maximum user weight

**135 kg**

**21 1/4 st**

**2**

### **(2) Tunturi E40 Upright Cycle**

- Easy to use console with only 4 push buttons and a selection wheel.
- Wide range of programs for challenging training options including fitness test and race function.
- Simple and motivating heart rate programmes for safe training.
- T-Ride™ programs provide a realistic simulation of outdoor biking.
- Product monitor offers 8 language versions for feedback and instructions.
- Stable frame and long support feet.
- Transport wheels for safe and easy transportation.
- Adjustable seat height and handlebars for optimum user ergonomics.
- Ergonomic seat. Smooth pedalling motion.
- Silent operating system.

Length (storage) 97cm (38"). Width 70cm (28").

Height (storage) 129cm (51"). Weight 43 kg.

**09 131 1653**

Maximum user weight

**135 kg**

**21 1/4 st**

**3**

### **(3) Tunturi E60R Recumbent Cycle**

- Complete step-through frame design and adjustable 2 piece soft seat gives great support.
- Variety of easy to use programmes for motivating training with the maximum comfort.
- Motivating console with large 4 inch colour graphic display and only 4 push buttons and a selection wheel.
- Console offers 8 language versions for feedback and instructions.
- T-Ride™ programmes provide a realistic simulation of outdoor biking.
- Comprehensive program selection; 120 programmes in total.
- Accurate heart rate measurement, the heart rate belt is included.
- Immensely sturdy and strong frame suitable for intensive training.

Length (storage) 171cm (67"). Width 70cm (28").

Height (storage) 117cm (46"). Weight 61kg.

**09 131 1661**

Maximum user weight

**135 kg**

**21 1/4 st**

**4**

### **(4) Tunturi C60 16" Crosstrainer**

- Uniquely smooth movement with a silent operating system.
- 2 stride options: 16" and 19" according to preference and comfort.
- Accurate heart rate measurement and the heart rate belt included.
- User friendly console with 4 inch colour display and wide program selection; in total 121 programs.
- Monitor offers 8 language versions for feedback and instructions.
- T-Trainer™ your personal coach who guides you in the training.
- Easy to use console with only 4 push buttons and a selection wheel.
- Very sturdy and strong frame suitable for intensive training.
- Electromagnetic brake ensures a smooth pedalling motion.

Length (storage) 144cm (57"). Width 61cm (24").

Height (storage) 165cm (65"). Weight 61 kg.

**09 131 1679**

Maximum user weight

**135 kg**

**21 1/4 st**



**1 Tunturi R35 Rower**

- Smooth rowing movements for training all the muscle groups.
  - The rowing machine is extremely quiet during use.
  - Nice and comfortable wide saddle.
  - No power needed; just batteries for the monitor. Unique, 2 rail construction.
  - A guarantee for safe and comfortable training.
  - Highly suitable for beginners; easy to use.
  - Resistance system can be adjusted manually (magnetic brake).
  - Smooth rowing movements for training all the muscle groups.
- Length 197cm (78") Folded Length 35cm (14") Width 50cm (20") Height 66cm (26") Folded Height 159cm (63") Weight 44kg (97lbs)

09 131 1695

**2 Tunturi T50 Treadmill**

- Shock absorbing running belt construction (T-Flex™).
- Orthopaedic running belt provides extra comfort for muscles and joints.
- Easy to maintain thanks to its black colour.
- Accurate programmes for heart rate measurement and control. PSC function.
- Proactive: running belt responds to user speed, so it is 100% effective and safe.
- Extremely accurate heart rate measurement.
- Practical buttons allow the speed and angle of elevation to be adjusted easily.
- Can be folded away and is easy to move.

Length 193cm (76") Length Folded 93cm (37") Width 91cm (36") Height 140cm (55") Height Folded 181cm (71") Weight 101kg (223)lbs

09 131 1687

**3 Vibration Plate**

The new Bremshey Sport Control vibration plate has various important advantages:

- A contemporary yet particularly functional design. Stable, strong and designed for 100% user-friendliness.
- After easy assembly the product is ready for use; truly "Plug & Play".
- The platform functions independently of the rest of the machine. The front extension is therefore highly stable; the monitor can be read easily as only the platform vibrates.
- Broad platform: suitable for many exercises aimed at full body training.
- The platform is finished with a thick, comfortable rubber mat; every possible seated exercise is therefore highly comfortable for the user.
- The ergonomically designed handgrips offer many options for various different exercises.
- The flexible – extra – handle straps on the side of the machine offer many extra options to maximise exercise variation.
- An extra start/stop button is also available on the underside of the Control. All low-level exercises can also be carried out easily and comfortably.

Vibration style Vertical movement

Time (Training rage) 30 - 90 sec.

Frequency 20 - 60 kHz.

09 131 1703



**DELIVERY**  
Delivery is approximately 2 weeks. Please contact Customer Services for more information.



REHAB LEG PRESS INCLINE

## HUR™ Health and Fitness Equipment

HUR health and fitness equipment is comprised of a large range of machines that provide a complete body workout. Unique to the HUR range is the use of compressed air to generate precise resistance rather than the use of the traditional but unwieldy weight stack.

This natural transmission resistance mechanism eliminates the effects of inertia and means the resistance feels smooth and is ideal for the rehabilitation environment as well as for top athletes. Two complete lines are available, the Rehab Line and the Easy Access Line. Multiple units can be hooked up to just one air compressor for simple operation.

### Rehab Line

The Rehab Line features a terminal range of motion limiter and strength testing adapter on every piece.

#### Features

- Virtually zero starting weight
- 0.5kg (1lb) weight increments
- Oversized resistance controls
- Contoured back pads with built-in lumbar support
- Low profile for easy ingress and egress



REHAB PUSH UP/PULL DOWN



REHAB ABDOMEN/BACK



REHAB MEDICAL TWIST



REHAB ADDUCTION/ABDUCTION



REHAB LEG PRESS



REHAB LEG EXTENSION/CURL

- AA9003A** Rehab Push Up/Pull Down  
**AA9003B** Rehab Abdomen/Back  
**AA9003C** Rehab Medical Twist  
**AA9003D** Rehab Leg Extension/Curl  
**AA9003E** Rehab Adduction/Abduction  
**AA9003F** Rehab Leg Press  
**AA9003G** Rehab Leg Press Incline

#### Optional Accessories

Some optional accessories are available for both the Rehab Line and the Easy Access Line, that provide additional support and comfort. These accessories must be specified at the time of ordering.

- 09 116 5935** Neck Cushion  
**09 116 5943** Seat Cushion  
**09 116 5950** Foot Straps



**INFORMATION**  
For HUR Training PhysioTools® see page 632.

**DELIVERY**  
Delivery is approximately 6 weeks. Please contact Customer Services for more information.

## Easy Access Line

The Easy Access Line is designed for wheelchair users but able bodied users can be accommodated with the universal chair included that can be wheeled into position.

### Features

- Virtually zero starting weight
- 0.5kg (1lb) weight increments
- Oversized resistance controls
- Contoured back pads with built in lumbar support
- Low profile for easy ingress and egress



EASY ACCESS TRICEPS PRESS



EASY ACCESS BICEPS/TRICEPS



EASY ACCESS PUSH UP/PULL DOWN



EASY ACCESS DELTA/LAT



EASY ACCESS CHEST PRESS



EASY ACCESS LAT PULL



EASY ACCESS PEC DECK

**AA9008A** Easy Access Biceps/Triceps

**AA9008B** Easy Access Push Up/Pull Down

**AA9008C** Easy Access Triceps Press

**AA9008D** Easy Access Deltoid/Lat

**AA9008E** Easy Access Chest Press

**AA9008F** Easy Access Lat Pull

**AA9008G** Easy Access Pec Deck

### HUR™ Air Compressors

These air compressors are completely silent. All machines in the gym can be connected to the same compressor. Depending on the number of units and usage, there are three different compressors recommended. For one or two machines, use the 1-2 compressor. The 6-24 compressor is ideal for 3-6 machines and the 12-24 compressor should be used for more than 6 machines.

**09 119 2319** HUR Air 1-2 Compressor **NEW**



**AA9015A** HUR Air 6-24 Compressor

**AA9015B** HUR Air 12-24 Compressor



#### DELIVERY

Delivery is approximately 6 weeks. Please contact Customer Services for more information.



#### INFORMATION

For HUR Training PhysioTools® see page 632.

1



### (1) FTS Flex Bench

Heavy-duty construction and a wide footprint provide stability during exercise. The adjustable seat and back pads allow for correct positioning for a variety of exercises from decline to fully upright. Comes with foothold attachment. Handle and wheels aid transportation. Length 165cm. Width 63.5cm. Height 48cm.

**AA90024**

Maximum user weight

140 kg  
22 st



### (2) FTS Flat to Incline Bench

The adjustable back pad moves from flat to incline to fully upright positions and the lower seat pad adjusts upward for incline positions, making this an extremely versatile bench. Length 119cm. Width 61cm. Height 48cm.

**AA90023**

Maximum user weight

140 kg  
22 st



### (3) Fitness Bench

This bench features a narrow padded backrest, ideal for smaller frames, to give a full range of movement. The backrest is adjustable from flat to upright allowing a full range of exercises. The bench features wheels and a handle for ease of transportation. Length 115cm. Width 56cm. Height 45cm.

**AA90025**

Maximum user weight

140 kg  
22 st



### (4) Hex Dumbbells

These high quality rubber Hex Dumbbells from York Fitness are available in a huge range of weights to suit any exercise programme. Sold singly. An A-frame rack that holds up to six pairs of Hex Dumbbells is also available.

#### Weight

- AA9899A** 2kg
- AA9899B** 3kg
- AA9899C** 4kg
- AA9899D** 5kg
- AA9899E** 6kg
- AA9899F** 7kg
- AA9899G** 8kg
- AA9899H** 9kg
- AA9899J** 10kg
- AA9899K** 12.5kg
- AA9899L** 15kg
- AA9899M** 17.5kg
- AA9899N** 20kg
- AA9899P** 22.5kg
- AA9899Q** 25kg
- AA98101** A-frame rack

2



3



4



#### DELIVERY

Delivery is approximately 2 weeks. Please contact Customer Services for more information.

**(1) Punchbag**

- Durable PU bag
- Double stitched with hidden zip fastener
- Webbed straps with chromed rings
- Red & Black in colour

**015555** 3ft (91cm)  
**015556** 4ft (122cm)

**(2) Punchbag 4 Strand Chainsets**

Chrome plated 4 stranded chain attached to an S-hook swivel.

**015557**

**(3) Punchbag 6 Strand Chainsets**

Chrome plated 6 stranded chain attached to an S-hook swivel.

**015558**

**(4) Club Mitts**

Durable leather mitt with PU palm. 20mm thick padding and elasticated wrists.

**015349S** Small  
**015349M** Medium  
**015349L** Large

**(5) Canvas Hook and Jab Pads**

- Traditional heavy duty canvas pads with target area
- 50mm thick
- Ideal for club and home use

**015355**



# Weights & Resistance



## ① X-Bag

The X-Bag is a cleverly designed multi-functional padded exercise bag offering great versatility for the coach, athlete, trainer and exercise enthusiast. The innovative inner design houses three zipped compartments in which to place the disc weights, providing a wide load variation. The maximum weight load of the X-Bag should not exceed 30kg. Ergonomically designed handles provide a great base for rotational and functional training, allowing the bag to be lifted, pulled, pushed, rotated and thrown.

Length: 660mm Diameter: 230mm Weight Range: 2.5Kg - 30Kg.

**018173**

## ② Discs for X-Bag

Not Illustrated

**018174** 2.5kg

## ③ Studio Body Bars

The Body Bar is a weighted fitness bar utilised in a wide variety of workouts including strength and conditioning, sports conditioning, balance and alignment and flexibility training.

<b>012270</b>	3kg
<b>012271</b>	4kg
<b>012272</b>	5kg
<b>012273</b>	6kg
<b>012274</b>	7kg

## ④ Impress 'Compact Fitness System'™

Developed with reputable sports physio therapists, the Impress 'Compact Fitness System' is easy to assemble, lightweight enough to carry around but sturdy and durable for serious exercise. Included is a range of 25 comprehensive exercises, specially devised for a full body workout or for isolated muscle groups. Every Impress 'Compact Fitness System' comes with one resistance module, a poster and a DVD that shows you how to easily assemble the exerciser. The DVD also includes 5 exercise programmes, a warm up and cool down, specially devised for the different fitness levels. The System comes in 3 different resistance levels.

**09 118 0827** Active - medium/low resistance

**09 118 0835** Sport - medium/high resistance

**09 118 0843** Pro - high resistance



**1 Neoprene Dumbbells**

Neoprene coated Dumbbells for aerobic and fitness training. Flat bottoms prevent weights from rolling away. Boxed in pairs.

Colour	Weight
09 116 9671	Pink 0.5kg
09 116 9689	Purple 1kg
09 116 9697	Green 1.5kg
09 116 9705	Blue 2kg
09 116 9713	Orange 3kg
09 116 9721	Red 4kg
09 116 9747	Black 5kg

**2 Vinyl-Coated Dumbbells**

These cast iron dumbbells have a thick, easy to grip coating of soft vinyl, which reduces clinic noise and prevents scratching. They provide great conditioning for anyone interested in improving arm and upper body strength. Sold in pairs

Colour	Weight
AA98103	Pink 0.5kg
AA98104	Purple 1kg
AA98105	Green 1.5kg
AA98106	Yellow 2kg
AA98107	Blue 3kg
AA98108	Grey 4kg
AA98109	Black 5kg

**3 Thera-Band™ Soft Weights**

Soft weighted balls designed for strengthening, plyometrics, balance training, and mobilisation. The soft ball design provides a lower risk of damage or injury if the ball is dropped, and promotes functional grip strength development. 11cm diameter.

Colour	Weight
929250	Tan 0.5kg
929251	Yellow 1kg
929252	Red 1.5kg
929253	Green 2.0kg
929254	Blue 2.5kg
929255	Black 3.0kg
929256	Set of 6

**4 Soft Weights**

Soft weights are designed for strengthening, plyometrics, balance training and mobilisation exercises. In addition to offering a more fluid range of motion to using standard dumbbell, the soft weight design is safer, reducing the risk of damage or injury if the weight is dropped. PVC outer shell with sand or iron sand filling. Boxed in pairs.

Colour	Weight
09 116 9663	Blue 0.5kg
09 116 9648	Blue 1kg
09 116 9655	Blue 1.5kg

**5 Spinlock Cast Iron Dumbbell Kit**

Includes: 4 x 0.5kg, 4 x 1.5kg, 4 x 2.5kg, cast iron discs; 2 x 14" Spinlock dumbbell bars with collars and training chart.

015386 20kg

**6 Spinlock Cast Iron Dumbbell Kit**

Includes: 6 x 0.5kg, 6 x 1.25kg, 4 x 2.5kg, 4 x 5kg, cast iron discs; 2 x 14" Spinlock dumbbell bars with collars, 1 x Spinlock barbell with collars and training chart.

015387 50kg



### (1) RoLyans Energizing Exercise Balls

Inflatable vinyl balls provide excellent therapy for perceptual motor training activity, from children with abnormal reflex patterns to general exercises and group activities. Distance from shoulder to finger tip equals diameter of ball required.

<b>A92680</b>	45cm	Yellow
<b>A92681</b>	55cm	Orange
<b>A92682</b>	65cm	Green
<b>A92683</b>	75cm	Red
<b>A92684</b>	85cm	Blue
<b>A92685</b>	95cm	Red
<b>A92686</b>	120cm	Orange

Maximum user weight **300 kg** **47 st**



### (2) Max Grip Medicine Balls

Colour coded multipurpose rubber training balls that can be used for a multitude of exercises.

<b>AA98122A</b>	1kg
<b>AA98122B</b>	2kg
<b>AA98122C</b>	3kg
<b>AA98122D</b>	4kg
<b>AA98122E</b>	5kg
<b>AA98122F</b>	6kg
<b>AA98122G</b>	7kg
<b>AA98122H</b>	8kg
<b>AA98122J</b>	9kg
<b>AA98122K</b>	10kg



### (3) Double Grip Medicine Balls

Similar to the Max Grip Medicine Balls above but featuring double handles for added grip.

<b>AA98123A</b>	4kg
<b>AA98123B</b>	5kg
<b>AA98123C</b>	6kg
<b>AA98123D</b>	7kg
<b>AA98123E</b>	8kg
<b>AA98123F</b>	9kg
<b>AA98123G</b>	10kg

### (4) Functional Resistance Training Techniques CD-ROM

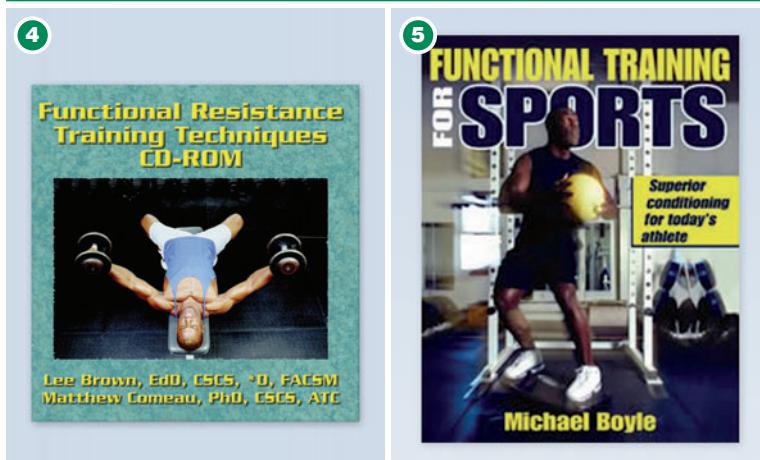
28 resistance exercises for strength and conditioning professionals. Incorporates audio and video stills to enhance practical content and to see how the exercises should be performed.

**012328**

### (5) Functional Training For Sports

Condition your body for competition. Improve total athleticism and reduce injuries through exercise progressions. Functional training focuses on training the body the way it will be used in competition.

**012327**



### 1 Overball

The premier mini-ball, made by the creators of the Gymnic® Therapy Ball. Enhances resistance training, Pilates, or other workout routines. The Overball has a soft, easy grip texture. 230mm diameter. Colour may vary.

**AA98001**

### 2 Exer-Soft Balls

Ideal for pelvic floor exercisers, the ball will enhance your Pilates workout and help develop strength, endurance and concentration as well as promoting relaxation and co-ordination. The balls are anti-slip offering excellent grip. Ball size is down to preference, though it is common to have both for greater diversity.

**09 116 9317** 180mm (7") Blue

**09 116 9630** 230mm (9") Red

### 3 Pilates and Exercise Ring

The pilates and exercise ring is used to add intensity to floor exercises. The ring's resistance speeds up toning by targeting specific muscles. Especially useful in problem areas like the inner and outer thighs, upper arms, the chest and even the pelvic muscles. 360mm diameter.

**09 115 7619**

### 4 Yoga Belt

The yoga belt is useful to assist in attaining correct postures by providing the required tension of a pose without straining. The yoga belt can be used for binding, as extensions and as support in yoga postures. 100% cotton.

**09 115 7643** Blue 2.5m Length

**09 115 7650** Purple 2m Length

### 5 Yoga Block

The foam yoga block is for use as cushioning in inversions, such as shoulder stand, to support the head in forward bends and for lift in seated twists. Size 305mm x 205mm x 50mm.

**09 115 7627**

### 6 Yoga Brick

The yoga brick is for use in numerous standing and seated postures to provide lift or grounding. With three distinctly different dimensions to vary the height, the brick offers firm support. Size 220 x 110 x 70mm.

**09 115 7635**

### 7 Warrior Yoga Mat

The Warrior Yoga Mat provides good grip, cushioning and durability. Machine washable. Length 1830mm. Width 610mm. Depth 4mm. Weight 1.1kg.

**09 115 7668** Pastel Purple

**09 115 7676** Pastel Blue

### 8 Warrior Plus Yoga Mat

This luxury Mat has the same grip as the Warrior Yoga Mat but at 6mm if offers more cushioning for those seeking extra comfort. Machine Washable at 40°. Length 1830mm. Width 610mm. Depth 6mm.

**09 116 9275**

### 9 Studio Pro-Mat

Best for Pilates, exercise and therapy. At 15mm thick it offers excellent support for the spine and knees. The mat is double sided and will not slide on the floor. 100% recycle TPE is impermeable, hygienic and PVC free. Length 1800mm. Width 600mm. Depth 150mm.

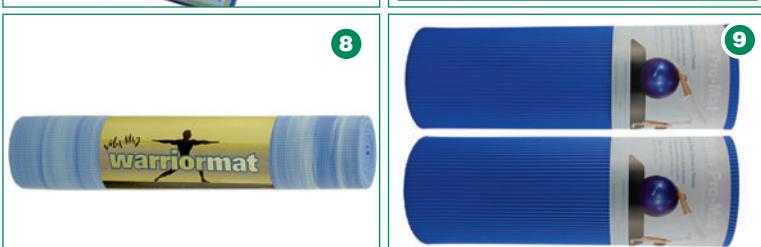
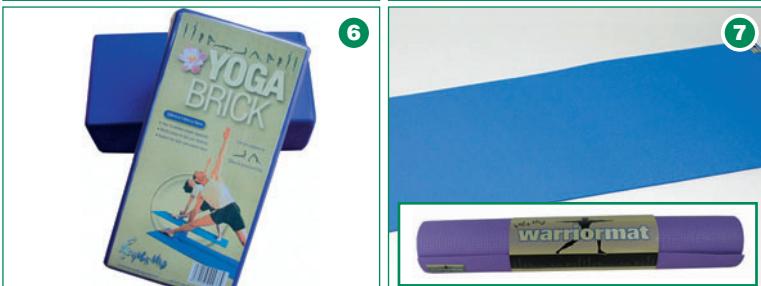
**09 116 9234**

### 10 Yoga Pilates 190 Mat

The Piloga mat is soft but firm for joint stability with a long length to allow more freedom of movement for creative choreography. Length 1900mm. Width 600mm. Depth 8mm. Weight 1.4kg

**09 116 0175** Charcoal

**09 116 0183** Purple



### 1

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### 10

# Pedal Exercisers

1



1 KPT Cycla

KPT Cycla, the most advanced active passive trainer, increases muscle tone, strength and flexibility while effectively monitoring exercise duration, workout power and heart rate.

## Features

- Active and passive training for upper and lower limbs
  - 10 levels of resistance
  - 10 speed levels: 20 to 60 rpm for passive exercise
  - Exercising positions: 15°, 30°, 45° and 60°
  - Timer - online display of exercise duration
  - Revolution counter
  - Adjustable height and length for increased exercise options
  - Optional accessories
  - Heart rate monitor (optional). Heart rate monitor and receiver measures heart rate during exercise

KPT Cycla is an electrically powered exercise trainer designed to improve physical abilities. Providing the user with a broad range of exercise options and modes, it solves a broad range of physical needs. KPT Cycla serves individuals with limited or no muscle power i.e. spinal cord injuries, MS, Polio, CVA, ALS, Dialysis etc. The KPT Cycla can be operated in either active mode in varying degrees or in passive mode at adjustable speed and torque levels. While the machine is in passive mode, it is possible to combine both passive and active training by using physical effort in conjunction with the electrical operation of the motor. The KPT Cycla has an easy to use and read display, making the unit very user friendly.

Suitable for all ages, for use in the home or in healthcare institutions. Includes finger protection discs.

Folded dimensions: 46 x 72 x 15cm. Weight: 10kg.

- |                   |  |
|-------------------|--|
| <b>4665005017</b> | KPT Cycla 220V - unit only<br>(accessories must be ordered separately)   |
| <b>4665005007</b> | KPT Cycla 220V - complete<br>(includes: unit, tie down (x2), finger protection discs (x2), footrests (x2), straight handgrips (x2).) |



**2** KPT Cycla Hi-Lo

The KPT Cycla Hi-lo model is a multi-purpose exercising machine for a wide range of applications including active and passive training of the upper and lower limbs and ideal for professional establishments. Consisting of all the features of the stand alone KPT Cycla unit, the KPT Cycla Hi-lo is an ideal solution when used frequently for both upper and lower limbs. The exercising height of the KPT Cycla can be individually set to meet specific user's needs. Fully accessible for wheelchair users and is equally comfortable from a standard chair.

## Specifications

- Weight: 39kg
  - Base: 100 x 76cm
  - Height: 100cm
  - Working height: from ground level up to 125cm

- 4665005117** KPT Cycla Hi-Lo 220V - unit only  
(accessories must be ordered separately)

- 4665005107** KPT Cycla Hi-Lo 220V - complete  
(includes: unit, tie down (x2), finger protection discs (x2), footrests (x2), straight handgrips (x2))



**SPARES**  
Spares a

 Spares are available for these products, making them suitable for refurbishment. For full spares listing, see pages 1193 to 1200.

 **DELIVERY**  
Delivery is a  
four-letter word.

 Delivery is approximately 2 to 3 weeks. Please contact Customer Services for more information.

**(1) KPT Cycla Baby**

Used for upper and lower extremity exercise for both active and passive motion. With an easy to use control panel, more suitable for home and elderly use.

The KPT Cycla Baby has the following features:

- Active and passive training for upper and lower limbs
- Workload dependent or isokinetic exercise
- 5 levels of resistance for active exercise
- 5 speeds 20-60RPM for passive exercise
- Adjustable crank height and length for increased exercise options
- Auto reverse function
- Exercising positions: 15° / 30° / 40° / 60°
- Emergency stop button
- Finger protection discs as standard

**Specifications**

- Weight: 10kg
- Folded dimensions: 45 x 50 x 15cm
- Working height: from ground level up to 125cm

**4665005217** KPT Cycla Baby 220V - unit only  
(accessories must be ordered separately)

**4665005207** KPT Cycla Baby 220V - complete  
(includes: unit, tie down (x2), finger protection discs (x2), footrests (x2), straight handgrips (x2))



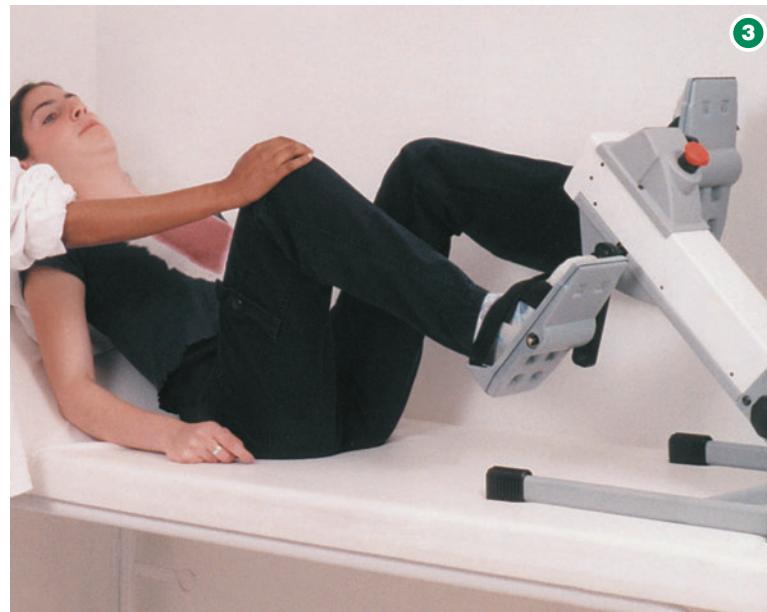
1

**(2) KPT Cycla Baby Hi-Lo****Not Illustrated**

Similar to the KPT Cycla Hi-Lo unit opposite but featuring the KPT Cycla Baby. It is the ideal solution where the KPT Cycla Baby is used for both upper and lower body training.

**4665005417** KPT Cycla Baby Hi-Lo 220V – unit only  
(accessories must be ordered separately)

**4665005407** KPT Cycla Baby Hi-Lo 220V – complete  
(includes: unit, tie down (x2), finger protection discs (x2), footrests (x2), straight handgrips (x2)).



3

**(3) Accessories for KPT Cycle Units**

- |                   |   |
|-------------------|---|
| <b>4665003461</b> | <b>A</b> Straight Handgrips (x2)                      |
| <b>4665003247</b> | <b>B</b> Angled Handgrips (x2)                        |
| <b>4665003453</b> | <b>C</b> Footrests (x2)                               |
| <b>4665003255</b> | <b>D</b> High Support for Footrests (x2)              |
| <b>4665003213</b> | <b>E</b> Heart Rate Kit<br>(for KPT Cycla only)       |
| <b>4665003221</b> | <b>F</b> Remote Control<br>(for KPT Cycla only)       |
| <b>4665003487</b> | <b>G</b> Tie Down (x2)<br>(not illustrated)           |
| <b>4665003495</b> | <b>H</b> Finger Protection Discs<br>(not illustrated) |



3

**DELIVERY**

Delivery is approximately 2 to 3 weeks. Please contact Customer Services for more information.

# Pedal Exercisers



## 1 E Cycle

An active/passive, upper and lower body cycle for use in the home or the clinic. The E Cycle helps to improve muscle strength, increase joint mobility and improve blood circulation. The E Cycle has a low starting speed with a forward/reverse changeable cycling mode and hand control with easy operation. The crank arms and pedals are easily changed to offer versatility and have three adjustable length levels. Its small and compact design with variable settings offers excellent value for money.

### Features

- Manual resistance knob with 4 levels of resistance
- Speed settings: 10-45 RPM
- Cycling motion: forward and reverse
- Timer: 15/30/45 minutes
- Motor: DC 100V, 130 Watt
- Dimensions: Height 40cm. Length 60cm. Width 51cm.
- Weight: 15.5kg

**AA9056B** UK Plug

**AA9056BEC** EU Plug



## 2 Restorator™ III Clinic Model

Provides the aerobic benefit of cycle exercise for those who can't sit on bicycles. Knob handle lets you vary the resistance from approximately 0 to 6kg (0 to 13lbs). A second knob lets you move the unit forward or backward to accommodate different leg lengths and it has length adjustable pedals.

**922142**

## 3 Restorator™ III Home Model

This cycle exerciser is a favourite for home based exercise because it is so easy to use. Clamps easily to chair legs or client's wheelchair for quick, versatile setup. Resistance can be varied from 0 to 6kg (0 to 13lbs). A simple turn of a knob adjusts the length for individual needs.

**922141**

## 4 OxyCycle Powered Pedal Exerciser

Self powered for passive training but can also be used actively. This gentle exercise can benefit people during any rehabilitation programme and it can be used sitting or lying for lower extremity exercise, as well as on a tabletop to exercise upper extremity. Length 33cm. Width 40.5cm. Height 36cm. Weight 6kg.

**09 115 6322**



### DELIVERY

Delivery is approximately 2 weeks. Please contact Customer Services for more information.

**(1) Pedal Exerciser with Digital Display**

This Pedal Exerciser comes with a digital display so the user can monitor their progress. Displays time, reps, calories burned, or scan through all three. A fun and easy way to gently exercise your legs or arms. Resistance knob allows user to increase difficulty as arm or leg strength increases. Height 24cm (9.5"). Width 47cm (18.5"). Depth 37cm (14.5").

**09 120 4684**

**(2) Pedal Exerciser**

An upper and lower body exerciser in one. Excellent value for money with this practical pedal exerciser. Ideal for gentle exercise, for use in the home and clinic. Has non-slip feet and is lightweight for easy portability. With adjustable resistance knob. Weight 2kg.

**AA9058**

**(3) Knock Down Pedal Exerciser**

Similar to AA9058 above but in a knock down version for self-assembly. Easy assembly takes approximately 5 minutes. Ideal when storage is required. Weight 2.2kg.

**AA9057**

**(4) Deluxe Resistive Pedal Exerciser**

Lightweight 7.3kg exerciser is self-powered and portable. Provides a great upper or lower body workout in the home, or in the clinic. LED display shows speed, distance, total mileage, total time, and calories burned. Resistance adjusts with the quick dial.

**925110**

**1**

**2**

**3**


**RETAIL PACKAGED**

This product is supplied in Homecraft Rolyan retail packaging.

# Trampolines

1



## 1 Kettler™ Trampoline

A sturdy, steel framed trampoline with 6 non-slip feet. The polypropylene fabric mat has 32 springs to ensure even tension. Also with thickly padded edges for added safety. Diameter 102cm.

AA9076

Maximum user weight

100 kg 16 st

2



## 2 Med Plus Therapy Bouncer

This trampoline features 36 high tensile medical springs, set at an obtuse angle to generate a softer bounce, kind to joints. Folding legs make it ideal for therapy applications where storage space is limited. Diameter 102cm. Height 25cm.

015561

Maximum user weight

150 kg 23½ st

3



## 3 Pro Therapy Bouncer

25cm high.

015562 150kg

Maximum user weight

150 kg 23½ st

## 4 Pro Plus Therapy Bouncer

This superior strength trampoline has 48 heavy duty springs for a smooth even bounce. Folding legs make it ideal for therapy applications where storage space is limited. Specifically designed for intensive use. Diameter 102cm. Height 25cm.

015564

Maximum user weight

200 kg 31½ st

## 5 Rebounder Support Bar

For use with the therapy bouncers when additional stability is required. Helps to maintain balance whilst bouncing.

015605

## 6 Bouncer Carry Bag

Not Illustrated

Fits all 102cm rebounders.

015356



## SPARES

Spares are available for these products, making them suitable for refurbishment. For full spares listing, see pages 1193 to 1200.

4



5

